

Carers of East Lothian Counselling Service

The CoEL Counselling Service has gained COSCA Recognition and adheres to COSCA's Statement of Ethics and Code of Practice. All our counsellors are trained to diploma level or working towards this. Counsellors undertake regular Professional Supervision to ensure high standards of clinical practice.

What we offer to carers:

- + Up to 12 sessions of counselling, generally on a weekly basis, with the possibility to extend if clinically necessary.
- + Counselling online (via Zoom or NHS Attend Anywhere), in person or by phone, depending on what is the best fit.
- + Counsellors who are experienced with working with carers and understand current issues that are relevant for unpaid carers.
- + No fee for counselling.
- + Signposting to other services for onward support if needed.

What may someone seek counselling for?

There are many reasons why carers may refer for counselling – sometimes we find it difficult to cope with our day-to-day lives, which may be due to current circumstances or issues from our past, or find the impact of our caring role on our mental and physical well-being challenging. If we are finding these issues are affecting our lives and how we feel significantly it can be useful to talk to a trained counsellor who is impartial and objective.

You and your counsellor will work together to identify what you want to gain from counselling and work towards this. Your caring role does not need to be the reason for your referral for counselling – it can be any reason that affects how you feel.



How to refer

If you have a Carer Support Worker at CoEL you can ask them to refer you. Otherwise please contact **centre@coel.org.uk**. You will be contacted by the Counselling Service Manager for an initial assessment call to explain more about the service and gather further information to help us best support you.