



Family  
Carers  
Ireland

No one should have to care alone

# FAMILY CARERS IRELAND COUNSELLING SERVICE

A free and confidential support for family  
carers across Ireland.



## COUNSELLING FOR FAMILY CARERS

Being a family carer can be very rewarding, but can also be very demanding. It is not unusual to feel overwhelmed at times. We know that many family carers struggle with stress, anxiety and depression. Family Carers Ireland is here to help. We believe that no one should have to care alone.

Our free counselling service is available to all family carers in Ireland. Counselling can be a way to reset, to find ways to cope with the stress and make the challenges you are facing seem more manageable.

### WHAT IS COUNSELLING?

Counselling is a therapeutic support where you talk to a trained professional about your thoughts and feelings. It allows you to work through any problems or difficult feelings you are experiencing in a safe, non-judgemental space. Counselling can help you understand your situation and yourself a little better, and support you to develop strategies to address problems in a positive way. You may want to seek counselling for issues such as **stress, anxiety, low self-esteem, burnout, depression, bereavement, illness, personal relationships, bullying and more.**

It's important to remember that everything discussed with your counsellor remains private and confidential. The only exception is when a counsellor has a duty of care to report something that threatens your safety or the safety of others. This will be discussed in your first session.



“ *Ten years into caring and we never received a service for ourselves and never had anyone ask if we needed anything. I've started counselling, it's been fantastic so far. Counselling has been a huge benefit, it's been great being able to talk.* ”

- Anonymous family carer.

## HOW COUNSELLING CAN HELP

Counselling can help people in different ways. For some, just the process of telling their story in a safe and supportive environment can help them feel better. For others, gaining insight into their behaviours and thought processes can help them develop new coping skills and strategies. The aim is to give you the tools to respond to and resolve any challenges you face, and gain confidence in your caring role.

### Counselling can help you:

- Deal with overwhelming and confusing feelings
- Make sense of your experiences as a family carer
- Work out your own needs and solve problems
- Manage conflict, stress and other emotional factors that make caring more difficult
- Build resilience and cope with change
- Improve your mental, emotional and physical wellbeing

**“** *This is the first time I'm having counselling and I'm beginning to see great value in this. I would say it would be very beneficial for all carers, whether they're fully confident and have no bothers or whether they're too bogged down to reach out for help.* **”**

- Anonymous family carer.



## WHAT DOES THE SERVICE OFFER?

Family Carers Ireland's counselling service provides family carers with up to eight sessions of counselling free of charge. Some family carers find they only need a couple of sessions, while others need to continue for a longer period of time. We understand that counselling is a unique journey for everyone. If you feel you need more than eight sessions, a low-cost fee is negotiated for additional sessions.

## HOW IS THE COUNSELLING DELIVERED?

Family Carers Ireland's counselling service is delivered face-to-face in one of our centres, through a secure video link or by phone. Each counselling session lasts 50 minutes. Our service is provided through a network of staff and volunteers who are fully accredited counsellors, qualified counsellors working toward full accreditation and student counsellors.

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*I'm only half way through the counselling sessions and I've already benefited from some basic exercises that I'm only itching to find out more so there's definitely a lot of benefits. It's good to know that I need to dedicate some time for myself so I have fresher perspective on caring.*

- Anonymous family carer.

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## ABOUT US

### Family Carers Ireland

is the national charity dedicated to supporting the

**500,000+** FAMILY CARERS

across Ireland who dedicate their lives to caring for their loved ones, including children and adults with physical or intellectual disability, frail older people, those with palliative care needs and people living with chronic illness or addiction and mental health issues.



To find out more about Family Carers Ireland, please visit [www.familycarers.ie](http://www.familycarers.ie).

## HOW CAN I ACCESS THE COUNSELLING SERVICE?

- If you would like to avail of this service, or get support with any other aspect of your caring role, please contact your local Carer Support Manager (you'll find their details under the help and advice section on our website at [www.familycarers.ie](http://www.familycarers.ie)) or contact the Freephone Careline on **1800 24 07 24**.
- A well-being review will be completed with you to identify areas you would like help or support with.
- You will then be referred to the counselling service and a counsellor will contact you.



*I'm a single parent, so the counselling sessions are really helpful...I needed the emotional support more than practical supports and it was excellent.*

- Anonymous family carer.