

CHANGES Counselling Service

Who is the service for?

Counselling can be beneficial for people experiencing relationship difficulties, anxiety or stress, bereavement or loss, feelings of hurt or rejection, change or loss of confidence.

What does the service offer patients?

CHANGES offer a safe environment for people to explore their life and talk through how they are feeling. They offer short to mid-term counselling. Clients are normally seen for 8 sessions, but this can be extended on occasion.

How to refer?

Free person-centred counselling is available through self referral with CHANGES, for further information visit www.changeschp.org.uk

Key contact for this service?

Patrick Smyth

CHANGES

108 Market Street

Musselburgh

EH21 6QA

Tel: 0131 653 3977

Fax: 0131 665 3878

email: info@changeschp.org.uk

ECLIPSE Counselling

Who is the service for?

ECLIPSE is appropriate for people with mild to moderate mental health issues, who are wanting, and able, to engage in the counselling process in order to explore their situation and make changes for themselves.

What does the service offer patients?

Short term Counselling (around 6 sessions) is available for people aged 16+, at (or near) their GP practice, with a qualified and experienced Counsellor.

How to refer?

Referral packs are held in each practice, containing a patient questionnaire, service information and an appointment request form, which is given directly to the patient. A notification sheet is completed by the GP in order to monitor uptake. Once the questionnaire and appointment request are returned to the practice, the patient will be contacted by the counsellor.

Key contact for this service?

You can contact the counsellor at your local practice or alternatively:

Carol Murray

ECLIPSE Coordinator

Psychology Department

Edenhall Hospital

Edenhall Road

Musselburgh

EH21 7TZ

Tel: 0131 536 8015 (Wednesday and Thursday)

email carol.j.murray@nhslothian.scot.nhs.uk

Last Updated on Monday, 21 March 2016 13:34