



**Counselling
for carers**



vocal
working *with* carers

Are you an unpaid carer?

Do you need some emotional support?

Caring for someone close to you
can be tough on your own mental
health and emotional wellbeing.

VOCAL's Carer Counselling service
is here by your side to help you cope.

Caring for someone can be tough

Life changes a lot when you become an unpaid carer.

Whether you're doing it out of love, kindness or a sense of obligation and responsibility, caring can take a toll on your own mental health and wellbeing.

VOCAL's Carer Counselling service is here to give you emotional support and help you develop healthy coping mechanisms.

Seeing yourself as an unpaid carer

If you look after someone close to you – a partner, child, family member, friend or neighbour – who is living with...

- Frailty
- Long-term condition or disability
- Physical health condition
- Mental health condition
- Additional needs
- Drug or alcohol dependency

Then you're definitely an unpaid carer.



How counselling can help you

Having to care for someone close to you can lead to conflicting thoughts and feelings, as well as worries about the future. And of course, it fundamentally alters your relationship with the person you're caring for.

Being a carer can be lonely too – it's often hard to talk about it with family or friends. Counselling provides a safe space to discuss and reflect on your feelings and worries. In this way, you can understand them better and find ways to deal with them.

How counselling works

Counsellors won't tell you what you should and should not do. The first thing they will do is listen to you talk about your situation. They can then:

- help you to explore your thoughts and feelings, including about changing relationships
- help you to develop ways of dealing with your emotions



VOCAL's Carer Counselling is accredited by COSCA (Scotland's professional body for counselling and psychotherapy)

About our counsellors

Our counsellors are all qualified or in their final year of training. They have a particular understanding of unpaid carers' needs and the challenges they face.

They receive regular supervision and work to the BACP Ethical Framework of Good Practice or the COSCA Statement of Ethics and Code of Practice.

Arranging an appointment

Get in touch by email or phone, and our service manager will arrange an intake session for you at the Edinburgh Carers' Hub. If it is agreed that counselling is right for you, your name will go on the waiting list to see a counsellor.

Cost

If money is tight, don't worry. We're still here for you. Carers living in Edinburgh or Midlothian will be asked to pay only what they're able – if anything. Carers living in other local authority areas can use VOCAL's counselling service at a cost of £20 per session.



"VOCAL staff see you as a person, making you feel human, making you feel you are still worth it, making you feel you are still you."

More emotional support

Peer support groups

Meeting other unpaid carers is a wonderful way to combat isolation, make friends and find comfort in shared experiences. Our support groups meet online and in person throughout Edinburgh and Midlothian.



Courses and workshops

In addition to counselling, we offer a number of courses and workshops on the emotional impact of caring, and how to manage stress and anxiety.

Take a look at carerstraining.co.uk

Get in touch today

Let's talk about how we can support you.

T 0808 196 6666 **E** counselling@vocal.org.uk | vocal.org.uk

Funded by

Edinburgh **Health and
Social Care** Partnership



VOCAL Edinburgh Carers' Hub
60 Leith Walk,
Edinburgh, EH6 5HB

 /VOCALEdinburgh



Midlothian
Health & Social Care
Partnership

Midlothian Carer Centre
30/1 Hardengreen Estate,
Eskbank, Dalkeith, EH22 3NX

 /VOCALMidlothian

vocal.org.uk

Scottish Charity: SC020755.
Company Registration: SC183050.

