

Counselling Palliative Care Services



 **0161 206 2362**



Health & care
information
you can trust

The Information Standard

 Certified
Member

Have you been diagnosed with a serious illness?

Are you caring for or related to someone with a serious illness?

Have you been bereaved in the last 6 months following the death of someone with a life limiting illness?

Are you an adult living in Salford or registered with a Salford GP?

If so, we could offer you a free and confidential counselling service.

You could be seen in a local health centre. However, if you are too unwell to leave your home we could arrange a home visit.

What is counselling?

Counselling is a talking therapy in which you can talk in confidence with a trained therapist with specialist knowledge of Palliative Care.

How might the counselling help?

You may have found it difficult to deal with the diagnosis and experience a whole range of feelings and emotions.

Having to adapt to changes this may bring into your life can be stressful for you and your friends and family.

Things you can normally cope with may become more difficult such as relationships, home and work life, or social and physical activities.

Counselling gives you a chance to talk privately about the worries and problems that are affecting your life.

This can be helpful to assist you in thinking of better ways of coping or help you find a way to make things less difficult to deal with.

The counsellor will:

- Listen carefully to what you say.
- Help you express your emotions in your own way.
- Help you address your feelings and worries.
- Help you understand your thoughts, and consider your options and make your own decisions for the future.
- Help you make changes to help you restore a sense of control and balance within your life.
- Help you work out your own solutions to problems.
- Help you to reduce stress, anxiety and depression.
- Help you accept what cannot be changed.
- Help and support you while you do all this.

Asking to see the counsellor

A doctor's referral is not necessary. You can contact the service directly and refer yourself. Or you can discuss the possibility of a referral with any member of the hospital team. They will then make the referral for you.

What will happen when I meet the counsellor?

When you first see the counsellor your first appointment will be an assessment session and will last approximately 50 minutes. This session will help us decide whether counselling is appropriate for you.

You will be asked how you are coping, and some background details. What happens next will be a joint decision between you and the counsellor.

If it seems that you do need further sessions, you will then be given the opportunity to have some counselling sessions (most people have 8-20 sessions, but this will be tailored to suit your needs). The number of sessions will be agreed by you and the counsellor as the therapy continues.

Our counsellors are all members of the **British Association for Counselling and Psychotherapists (BACP)**.

To make an appointment or for any further information please contact us on:

 **0161 206 2362**

The service is open:

Monday to Friday 9.00am to 5.00pm

Outside of office hours you can leave a message with your contact details on the office voicemail and we will call you back as soon as we can.

 Palliative Care Counselling Service
Sandringham House,
Windsor Street,
Salford,
M5 4DG

 ***Palliativecarecounselling@srft.nhs.uk***

Call us



0161 206 2362

or email us



Palliativecarecounselling@srft.nhs.uk

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For further information on this leaflet, it's references and sources used, please contact **0161 206 2362**.

Copies of this leaflet are available in other formats (for example, large print or easyread) upon request. Alternative formats may also be available via www.srft.nhs.uk/for-patients/patient-leaflets/

In accordance with the Equality Act we will make reasonable adjustments to enable individuals with disabilities to access this service. Please contact the service/clinic you are attending by phone or email prior to your appointment to discuss your requirements.

Interpreters are available for both verbal and non-verbal (e.g. British Sign Language) languages, on request. Please contact the service/clinic you are visiting to request this.

If you need this information leaflet translated, please telephone:

Polish Jeżeli potrzebne jest Państwu to tłumaczenie, proszę zadzwonić pod numer.

Urdu اگر آپ کو اس ترجمانی کی ضرورت ہے تو مہربانی کر کے فون کریں۔

Arabic إذا كنتم بحاجة الى تفسير او ترجمة هذا الرجاء الاتصال

Chinese 如果需要翻译，请拨打电话

Farsi اگر به ترجمه این نیاز دارید ، لطفاً تلفن کنید

0161 206 0224

or Email: InterpretationandTrans@srft.nhs.uk

Salford Royal operates a smoke-free policy.

For advice on stopping smoking contact the Hospital Specialist Stop Smoking Service on 0161 206 1779

This is a teaching hospital which plays an important role in the training of future doctors. The part patients play in this process is essential to make sure that we produce the right quality doctors for all of our futures. If at any time you would prefer not to have students present please inform the doctor or nurses and this will not affect your care in anyway.

Salford Royal NHS
Foundation Trust
Stott Lane, Salford,
Manchester, M6 8HD

Telephone
0161 789 7373
www.srft.nhs.uk

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[http://www.srft.nhs.
uk/for-patients](http://www.srft.nhs.uk/for-patients)