

COUNSELLING AT SURREY DOCKS

We are fortunate at Surrey Docks to have a counselling team based at the centre. The team is led by our senior counsellor Lynne Brown.

What is Counselling?

Counselling is a very popular way of supporting people who are experiencing difficulties which may be health related, emotional or psychological in nature. Counselling is not about giving you advice but is an opportunity for you to discuss your problems with an experienced professional in confidence. It is a way of you and your counsellor exploring ways together to overcome your difficulties.

HOW THE SERVICE WORKS AT SURREY DOCKS

Your GP, Nurse or Health Visitor will normally refer you if you both feel it may be of benefit to you.

Lynne Brown will see you for an initial appointment for an assessment, normally within two weeks. She will then assign you to either herself or one of the team of counsellors for continuing counselling up to a maximum of 12 sessions according to your needs.

There may be a small delay between your initial assessment and your counselling sessions due to the high demand for counselling services, however once your counselling sessions are underway, these will normally be weekly.

It is very important that you let us know if you cannot make a counselling appointment for any reason. Please give as much notice as possible so that the appointment can be released to another patient. Please contact our main switch board number and leave a message for your regular counsellor (0203 049 7444).

Because of the waiting list for counselling, if you fail to attend on more than one occasion without giving us at least 24 hours notice your counselling referral may be placed at the end of the waiting list.