

How to get in touch

Please call **Jane Steeples** (Counsellor), on the confidential number below, to arrange an initial assessment appointment.

01273 265787

Monday mornings & Wednesdays.
To enable you to talk more openly and to focus on your own needs, it is recommended that children do not attend appointments with you.

The counselling service is part of the Learning Disabilities CAMHS team.



Comments and complaints

We welcome comments and complaints as they help us to provide a better service. We also like to hear if you have had a particularly good service. Please speak to a member of staff, or you can write to; Jenny Brickell, Manager, Seaside View Child Development Centre, Brighton General Hospital, Elm Grove, Brighton, BN3 3EW

Our Patient Advice and Liaison Service (pals) can give you help, information and advice with any problems you may have while using our services. Freephone **0800 0130251** or email **brightonandhovepals@nhs.net**.

If you would like a large print or taped version of this leaflet, please phone the Communications Department on **01273 696011 extension 3112**

Counselling Service

For parents whose children have complex needs and learning disabilities in Brighton & Hove.



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Sussex Community NHS Trust

Brighton & Hove City Council

What is counselling and how can it help?

Families whose children have complex needs and learning disabilities face enormous challenges. Counselling can offer a safe space to express feelings and thoughts about these experiences. Counselling focuses on your own needs and helps to identify ways of coping with difficult experiences.

Our aim is to help you with experiences such as coping with diagnosis, disability, change, isolation, loss and bereavement. We offer 'talking therapy', creative & arts based therapy, Mindfulness therapy and post therapy group support.

Who can use this service?

Brighton & Hove based individual parents and couples whose child has complex needs and a learning disability. Parents whose children do not quite fit these criteria can sometimes be seen, if the waiting list allows.

Where are the sessions held?

At Seaside View Child Development Centre,
Brighton General Hospital, Elm Grove,
Brighton, BN3 3EW
01273 265780

The building is fully accessible to people with disabilities and those using wheelchairs. If you need directions and information, please call the above number.

How long will counselling last?

Initially up to 12 sessions are offered. Longer term support and future re-referral is available by negotiation.

Will I have to pay?

No. This is a free NHS service.

Confidentiality

Anything that you say in the counselling sessions will be kept confidential. We only pass on information if you tell the counsellor that you or someone else is at risk of serious harm. The counsellor will let you know if this needs to happen.

We keep patients' records on paper and computer. If you would like to see your records, please ask and we will explain the procedure to you. If you would like to know more about how we handle information about you and how we protect your confidentiality, please read our leaflet 'Caring for you' which we give to every new patient.

