Other useful support services

AMIS (Abused Men in Scotland)
0808 800 0024
www.abusedmeninscotland.org

ACIS (Aberdeen Counselling and Information Service)
01224 573892 www.mha.uk.net/acis

Alcohol Support LTD
01224 595981 www.alcoholsupport.co.uk

Avenue – Family Mediation, Relationship and Psychosexual Counselling Aberdeen
01224 587571 Elgin 01343 540 801
www.avenue-info.com

Cairns Counselling
01224 633131 www.cairnscounselling.org.uk

CASA (Community Alcohol Services Aberdeen) 0845 475 2272
www.casaaberdeenshire.co.uk

Choices Aberdeen
01224 624900 www.choicesaberdeen.org.uk

Citizens Advice Bureau
01224 569750 www.aberdeencab.org.uk

Crusie Bereavement Care
0845 600 2227 www.cruisescotland.org.uk

CLAN – Cancer Support
01224 64700 www.clanhouse.org

Drugs Action
01224 577120 www.drugsaction.co.uk

Gamblers Anonymous
www.gascotland.org

GMH (Gay Men’s Health)
01224 930355 www.gmh.org.uk

GREC (Grampian Regional Equality Council)
01224 595505 www.grec.co.uk

Grampian Care Data
www.grampiancaredata.gov.uk

Lesbian Scotland
www.lesbianScotland.com

Maggie’s Cancer Support
www.maggiescentres.org
Maggie’s Aberdeen: 01224 645 928
Maggie’s Inverness: 01463 706306

NHS Sexual Health Clinic
0845 337 9900
www.nhsgrampian.org/healthvillage

Orkney Alcohol Counselling & Advisory Service
01856 874 738 www.oacas.org.uk

Orkney Counselling & Support Centre
01856 873 937 www.orkneycommunities.co.uk/vao

Rape and Abuse Support
01224 639347 www.rasane.org.uk

Samaritans
08457 909090 www.samaritans.org

Survivor Scotland
www.survivorscotland.org.uk

Transgender Scotland
www.transgenderscotland.org

Victim Support Aberdeen
01224 622478 www.victimsupportsc.co.uk

Women’s Aid
01224 593381 www.scottishwomensaid.org.uk

Self Help Websites

www.nhs.uk/moodzone
www.glasgowspcmh.org.uk
www.ntw.nhs.uk/pic/selfhelp
www.actionondepression.org/
www.stepsforstress.org/
www.moodjuice.scot.nhs.uk
www.breathingspace.scotland.org.uk
www.moodscope.com
www.moodgym.anu.edu.au
www.getselfhelp.co.uk

* GO Health Services is the brand name for NHS Grampian Occupational Health Service
People come to counselling for many reasons but whatever the underlying causes it is a way of ‘fighting back’ and to start to resolve what it is that is troubling you.

Benefits of counselling
Counselling offers a supportive relationship in which you can explore issues at your own pace. It can:
- help you see difficulties more objectively
- build self-esteem
- help you take control of your life and become more assertive
- improve communication about how you are feeling
- help you to become more realistic in setting goals.

Perhaps the greatest benefit of counselling is that it can help you feel more in control and better able to do something about an aspect of your life that simply isn’t working for you.

Why come for counselling?
Some people choose to have counselling because they are experiencing difficulties and distress in their lives. Sometimes people can be isolated but at other times, even where an individual has a very supportive family and friends round them, they may find it difficult to explain why they may be feeling stressed/ anxious and or depressed.

They may also find it easier to talk to a counsellor that is not involved in the situation.

Other life issues and events which can be very difficult to deal with include bereavement, divorce, health issues, bullying and so on. However, you do not have to be in crisis or on the verge of one, before choosing to have counselling. All of these reasons and more will bring individuals to seek out counselling.

What to expect from counselling?
Counselling gives you the opportunity to talk with a qualified person who is able to listen to you non-judgmentally and empathically.

An initial session will be arranged by your counsellor to look at what has brought you to counselling.

Your counsellor will offer support and encouragement to help you find better ways to cope with what is troubling you.

About our service
Our Occupational Health Service can offer you counselling with one of our qualified in-house counsellors via face to face or video link. Our counsellors are members of their own relevant professional bodies. Appointments can be provided face to face in clinics in Aberdeen or Elgin and also via video link to remote areas.

You can self-refer by calling this number 01224 (5)55749 or emailing us on grampianohs@nhs.net and asking to be placed on our Counselling Waiting List.

We offer up to 6 sessions, however if a time limited service is not appropriate for your situation, your counsellor will discuss this with you further.

You may prefer to access telephone counselling services via the Employee Counselling Service and Living Life Guided Self Help - NHS 24.

Confidentiality
Our service is strictly confidential and no information is shared unless with your consent. However there are exceptions to this if the counsellor feels there is a danger of harm to yourself or to others. This will be fully explained in your initial session.

Our policy
It is our policy that if you do not attend an appointment, without cancelling first, it is then your responsibility to get back in touch with OHS or your counsellor to rearrange a further appointment.

Employee Telephone Counselling Service
0800 435 768

Living Life Guided Self Help - NHS 24
0800 3289 655

Our policy
It is our policy that if you do not attend an appointment, without cancelling first, it is then your responsibility to get back in touch with OHS or your counsellor to rearrange a further appointment.