

FERGUSLIE COUNSELLING SERVICE



Tannahill Centre



The Scottish
Government



lifelink

How do I prepare for my counselling session?

You will need to be alone in a quiet space, without interruption for your counselling session. We appreciate that this may be difficult in the current climate, but we ask this as it's the only way you will get the full benefit of the service.

Some suggestions might be to lock pets out of the room you are using, ask a partner to take children out for some exercise, or if you're single parent, settling children down for a movie you know will keep them entertained long enough for you to make time for you.



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Will The Tannahill Centre/ My Doctor Know I've Attended Counselling?

No, Lifelink is a private counselling service and will not appear on your medical records.

Lifelink will not disclose to the Tannahill Centre who has accessed the counselling service from Ferguslie Park.



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Is the service confidential?

Confidentiality will be maintained by Lifelink. In exceptional circumstances where the person attending counselling is at risk of harm to themselves or others, and is unwilling to remove this risk themselves, Lifelink may find it necessary to breach confidentiality to protect them or others. This is explained in more detail at the first counselling session.



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Is counselling right for me?

Whilst counselling isn't right for everyone, it has been proven to support people to cope and manage better during difficult times. It can help you tackle issues in a safe and supportive environment and bring about change in your life in relation to how you behave and reaction to a wide range of things including emotions, relationships, self-esteem and anxiety.



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How do I make my first appointment?

It's easy!

1. Call **0141 552 4434**
2. Mention that you have been referred by the **Tannahill Centre**
3. Agree the time and date for your first appointment.



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