

What we offer

Ayrshire Cancer Support offers a free one-to-one counselling service to cancer patients and their families.

Following assessment we initially offer each individual eight sessions on the understanding that some may need more or less than this depending on personal circumstances.

All of our counsellors are highly trained, experienced professionals with an understanding of the specific issues facing individuals affected by cancer, recognising the need for confidentiality as being of the utmost importance.

Our counsellors work within local and national guidelines. Further information available on request.

What is Counselling?

Counselling is a therapeutic relationship between two people providing an opportunity for the client to share thoughts and feelings which may be causing some level of difficulty, distress or discomfort in his/her life.

Expressing difficult thoughts and feelings through the process of counselling can help the client begin to understand them and move towards a way of dealing with the changes in his/her life brought about by cancer.

Compassion, understanding, warmth and confidentiality are key components of a counselling relationship

How can Counselling Help?

A diagnosis of cancer can leave you and your family feeling many intense emotions such as;

- Disbelief
- Shock
- Isolation
- Confusion
- Anxiety
- Depression
- Helplessness
- Hopelessness
- Uncertainty
- Fear of recurrence
- Fear of Dying
- Pain

Talking to a professional counsellor can help you cope with these feelings and can leave you more in control of your life.

Some comments from those who have found counselling helpful...

"Counselling really helped me to talk about my fears for the future"

"Talking to a counsellor meant that I didn't have to burden my family and friends"

"It felt really good to talk to someone who seemed to understand how scared I was after my diagnosis of cancer"

"I just cried and cried ... it was the first time that I felt that I could open up to someone about how I felt"

"I have never talked to anyone about this before.... I don't feel so alone."

How to get in touch with us...

Ayrshire Cancer Support

www.ayrshirecs.org

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COUNSELLING SERVICE



AYRSHIRE
**cancer
Support**

Supporting Cancer Patients Throughout Ayrshire