



## Lothian deaf counselling service

### Who are the counsellors?

There are two Lifeskills Health staff counsellors working for this service; one is Deaf, one is hearing. Both are fully trained and BACP accredited counsellors.

There are also student counsellors on placement with Lifeskills Health who have a Counselling Skills qualification and are in further training. All counsellors have extensive experience of working with Deaf people and receive professional supervision.

Information about the Counselling Service in BSL can be found on the website:  
[www.lothiandcs.org.uk](http://www.lothiandcs.org.uk).



### Information for Doctors, Social Workers, Community Mental Health Nurses and Audiologists.

The free counselling service provided by Lifeskills Health in association with NHS Lothian is for Deaf, deafened, hard of hearing and deafblind adults who live in Lothian and who are likely to benefit from a counselling service specifically designed to meet their needs.

**To make a referral:** phone 0800 804 7462 (voice) between 8am and 8pm Monday to Friday to contact one of our helpline counsellors,

or write to us at Lothian Deaf Counselling Service, Lifeskills Health, 110 - 112 Cadzow Street, Hamilton ML3 6HP.

We need to know your name and contact details and the following information about the person you wish to refer: name, contact details and preferred language (BSL or English).



[www.lothiandcs.org.uk](http://www.lothiandcs.org.uk)

### What do we provide?

Free one to one counselling to adults who are Deaf, deafened, hard of hearing or deafblind and live in Edinburgh or Lothian.

We offer counselling in British Sign Language (without interpreter) and English.

A personal loop system and/or communication in written English are available for people who are deafened or hard of hearing.

### What is counselling?

Counselling is a confidential and supportive relationship with someone who is trained and experienced in helping people cope with difficulties in their lives.

If

- > you feel depressed, anxious or upset
  - > have problems with family and/or friends
  - > someone close to you has died
  - > you are unhappy at work/college
  - > you want to make changes to your life
- ...then you might find counselling helpful.

### Who can have counselling?

Anyone who lives in Lothian and has a significant hearing loss can ask to be referred to the Lothian Deaf Counselling Service.

lothian

# deaf



# counselling service

### How can I be referred?

Take this leaflet to your Doctor, Social Worker, Community Mental Health Nurse or Audiologist and discuss with them if counselling is appropriate. If you decide that counselling would be helpful then they need to tell us your name, contact details and preferred language (BSL or English).

A Lifeskills Health counsellor will contact you to arrange an assessment session.