



# Counselling *service*



The emotional and psychological  
support available to those affected by  
a life-limiting illness.

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every day *matters*

[StBarnabasHospice.co.uk](http://StBarnabasHospice.co.uk)



**Counselling provides a space for you to be able to voice your thoughts and feelings without judgement or fear of upsetting those that you love.**

**Jo White, Counselling Services Manager**

### **Who is St Barnabas Hospice?**

We are a local, independent charity that supports more than 12,000 people across Lincolnshire each year. We deliver free, high-quality, compassionate end-of-life care to adults living with a life-limiting or terminal illness, as well as supporting their families and carers.

### **Why may you benefit from counselling?**

Emotional or psychological distress, increased anxiety and worry is not uncommon among people affected by life-limiting or terminal illness. It is an understandable response to a traumatic and threatening experience.

This kind of distress may also be felt by family members, and friends, including children. Talking about your thoughts and feelings in a safe and sensitive way with a trained counsellor can help.

### **What is counselling?**

Counselling is a professional relationship between a counsellor and a client. It provides a safe space to talk about your situation and your experiences. It is not about advice-

giving or directing you to take a particular course of action but is a way of supporting you when faced with the emotional challenges when experiencing serious illness.

At St Barnabas, we understand that it can be difficult to talk to the people you care about as it is natural to want to protect them and look after them, and your experiences may be difficult to cope with. So, the space we provide is for you to be able to voice your thoughts and feelings without judgement or fear of upsetting those that you love.

### **What services are available?**

Free one-to-one counselling which provides individual support to adult patients of St Barnabas, their carers and family members.

This support can be accessed within one of our hospice buildings or in the comfort of your own home, by telephone or video call. We offer guidance to families in how to support children but we do not provide direct counselling support to under 18's.

## Who can make a referral?

In order to receive counselling services from St Barnabas Hospice, a patient must be accessing support from the St Barnabas Clinical Teams.

A patient, their carer or family member can all refer themselves into the service directly or can speak with one of the St Barnabas healthcare professionals, and they will make the referral on their behalf. If someone is referring on your behalf, they must have your consent to do so.

## What happens next following a referral?

Having taken the first step, a member of the counselling team will then contact you to discuss if counselling is appropriate for you and explain a little more about the service. If counselling is right for you and you wish to proceed, you will be allocated to one of our counsellors who will support you with one-to-one counselling sessions.

Please note that we do have a waiting list for this service once you have been assessed. Timescales may vary, so you can check this with our team.

Sessions are normally held on a weekly basis and last between 50 – 60 minutes, and most people receive six to eight sessions.

## What about confidentiality?

You can be assured that nothing you talk about in your counselling sessions will be shared with anyone without your permission. The only exception to this is if we have serious cause to be concerned for your safety, or that of others.

## Who is our team?

In our team we have Counsellors and experienced Bereavement Support Volunteers. Counsellors are either working towards an accredited counselling qualification, or are qualified counsellors.

St Barnabas Hospice are organisational members of The British Association for Counselling and Psychotherapy (BACP) and uphold their Ethical Framework. The BACP advocate ethical principles, values and good practice within the counselling profession.



## How to apply for *support*



You must be accessing support from the St Barnabas Clinical Teams, this includes carers and family members. Simply speak to your St Barnabas healthcare professional or refer in person by phoning the Counselling Service directly on **01522 518 246**. Alternatively, email us at **[counselling.services@stbarnabashospice.co.uk](mailto:counselling.services@stbarnabashospice.co.uk)**

### What about Bereavement Support?

Our support does not cease once you or your loved one has died. St Barnabas are committed to providing bereavement support to anyone impacted by bereavement, not just the families and friends of those cared for by the Hospice. Support is available on our Bereavement Helpline or with one of our Counsellors or Bereavement Support Volunteers.

If you would like more information or would like to access Bereavement Support, please call us on **0300 303 1897** or email us at **[counselling.services@stbarnabashospice.co.uk](mailto:counselling.services@stbarnabashospice.co.uk)**

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#### Alternative language copies available:

If you would like this information in another language or format, please contact Marketing on **01522 559 504**

Aby otrzymać te informacje w innym języku lub formacie, prosimy o kontakt z działem marketingu pod numerem **01522 559 504**

Jei norėtumėte gauti šią informaciją kita kalba ar formatu, prašome kreiptis į Rinkodaros skyrių tel **01522 559 504**

Ja vēlaties saņemt šo informāciju citā valodā vai formātā, lūdzu, sazinieties ar Mārketinga nodaļu pa tālruni **01522 559 504**

Dacă doriți să aveți această informație în altă limbă sau alt format, vă rugăm să contactați Marketing la **01522 559 504**

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**01522 518 200 | [StBarnabasHospice.co.uk](http://StBarnabasHospice.co.uk)**