

## Feeling uncertain of what to expect?

Text or email us to ask for an initial assessment appointment.

At the assessment you will be invited to share relevant issues to assess if counselling is suitable and appropriate for you. On occasion referral to other agencies may be suggested. Issues covered may include:

Depression

Bereavement and loss

Anxiety

Adult survivors of child abuse

Suicidal feelings

Self-harm

Panic attacks

Hopelessness

Anger management

Rejection

Finding meaning in life

Post abortion syndrome

**There is Hope!**

## Interested in knowing what other services we can offer?

Hope Training (part of Hope Trust a registered Irish charity) have produced materials suitable to support those affected by suicide and self-harm.

- DVDs called *Choose Life* and *Life Matters*. A booklet called *Journey to Wellness* covering stories of hope.
- A book called *Equipped to Care* covering four workshops on developing appropriate skills to help connect with people in need
- Through Hope Community - Bereavement Support Groups where requested
- Through Hope Ministry— confidential prayer ministry in Athlone by appointment

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**For further information**

**website:**

**[www.hopetrust.ie](http://www.hopetrust.ie)**

A graphic showing a bright sun setting over a body of water, with the sun's reflection on the water. The sky is a gradient of orange and yellow, and the water is a darker orange with white wavy lines representing ripples.

**Need someone to  
talk to  
confidentially?**

**Text: 085 1140983**

**or**

**Email: [hopecounselling.ie@gmail.com](mailto:hopecounselling.ie@gmail.com)**

**Web: [www.hopetrust.ie](http://www.hopetrust.ie)**



## **We can offer**

### **Confidential service**

**Availability to all - male, female, teenagers, people of any faith or no faith**

### **Qualified staff**

### **A Christian ethos**

**Networking with other agencies as appropriate**

### **Cost on a sliding scale**

### **Private appointment in**

- **Athlone**
- **Galway or**

**Online appointment through zoom, skype or whatsapp**

## **Who are we?**

Hope Counselling is part of Hope Trust, a registered Irish charity. We aim to assist people struggling with life issues through listening, healing and equipping people for effective living.

Our service aims at offering professional and confidential counselling by appointment within the community **or online** as appropriate. Staff are fully trained and accredited members of a professional body such as IACP or ACC

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## **How to make contact with us:**

For an appointment please email  
hopecounselling.ie@gmail.com

### **text message**

**085 1140983**

There are times in one's life when a listening ear is needed; when it would be helpful to speak to someone with the skills to hear at a deep level the issues that concern us.

The counselling service aims to help in a friendly, courteous, respectful and professional manner. Through empathic listening skills counselees are helped to find their own solutions to issues.

Our counsellors are able to offer non-directive and non-judgmental help. We believe that where problems have affected clients 'body, soul or spirit' we can offer holistic and appropriate help.