## 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!

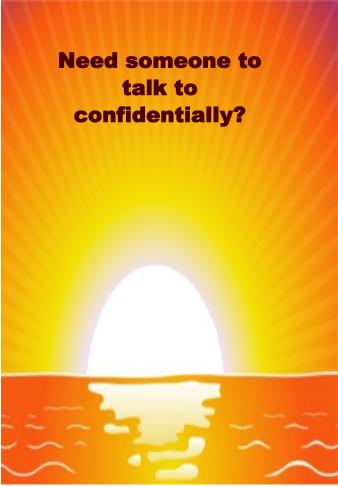
## Interested in knowing what other services we can offer?

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

For further information website:
www.hopetrust.ie





Text: 085 1140983

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Email: hopecounselling.ie@gmail.com

Web: 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

## 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 counsellees 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.