

Useful numbers

Sheldon Community retreat with specialist care for people in ministry www.sheldon.uk.com or telephone 01647 252752.

For crises:

Samaritans 24hr freephone helpline.
Telephone 116 123, or text SHOUT to 85258.
Parent's helpline 0808 825544 (Mon-Fri).
Email jo@samaritans.org

Somerset Mindline 0800 138 1692

Domestic violence:

Women's Aid 24hr freephone helpline
0808 2000 247

Men's Advice Line freephone helpline
0808 801 0327

Childline for young people under 19
0800 1111

Options for if you are feeling desperate:

Call your GP
Call 111
Call 999 or go to A & E

Clergy Support Trust

An independent charity supports Anglican clergy and their families. Contact grants@clergy-support.org.uk or 0800 389 5192

Making contact

If you want an informal chat or seek help through the counselling service, please contact:

Sally Walters MBACP (Snr. Accred.) M.Sc., Dip. Counselling
Adviser in Counselling and Wellbeing

07973 844292 or 01275 792056
(both numbers confidential answerphone)
sally.walters@bathwells.anglican.org



Further information can be found by visiting bathandwells.org.uk/counselling-and-well-being by scanning the QR code with your smart device. Feedback is welcome on this site.



Counselling and Wellbeing

Supporting clergy and their families at times of difficulty

For more information visit:
bathandwells.org.uk/counselling-and-well-being

About the counselling service

The counselling service is predominantly for clergy and their families, however, can be also accessed by Licensed Lay Readers and some other ministerial roles with the Adviser's discretion. The service is a free, professional service and is independent of church structures. Our professional therapists are experienced and have specialism in varying areas of psychological help, and they have insight into particular pressures faced by those in ministry. All therapists are self-employed, members of a professional accrediting body and are required to have an enhanced DBS and insurance certificates. The diocese supports the counselling service and offers 12 funded sessions.

The Adviser in Counselling and Wellbeing, Sally Walters, manages the counselling service. Enquiries are welcome from anyone needing confidential help.

Is this for you?

There are times in our lives when we all experience difficulty and we may need to seek help. Stressful circumstances may affect our balance, physical, emotional and spiritual.

Support through counselling offers you space for



yourself and helps you understand your feelings and enables personal understanding and exploration towards a clearer way forward. Many of us seek counselling when triggered by a situation that causes us distress from either our past or the present day. You do not though have to be in crisis to benefit from the service. For some a confidential conversation may be sufficient help in bringing a sense of resolution, or other sources of help may be suggested.

Finding hope in struggle

Counselling will help you look objectively and brings opportunity for personal growth and development. It is not about giving advice. The relationship between you and your counsellor is an important part of the process when you can learn about patterns of behaviour and look at

ways of coping in order to find a path through the issues you face.

Using counselling as a way of support is not a sign of failure. Seeking help outside the usual support system can take courage as the first step is taken. We all need resources to draw upon in life's ups and downs. Accepting help is a sign of maturity.

The service is well used and people will use it for a variety of difficulties.

What should I do to access counselling?

Counselling is normally accessed by referring yourself. Details are on the back of this leaflet. An initial assessment will be taken usually by the Adviser in Counselling and Wellbeing to identify issues and she will discuss options available to you.

A suitable counsellor will hopefully be found, or other sources of help if appropriate.

Confidentiality

It is important that counselling is confidential. This will be fully discussed with you at the initial session. There are limits to confidentiality in cases of serious concern for your wellbeing or that of others.

Your name and personal details are not passed to the diocese. You are referred in any notes or invoices submitted by a unique ID reference number.

