

Welfare Counsellors

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Confidential Welfare and Counselling Service



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Would you find it helpful to talk over a problem? It may be useful to speak to one of the Welfare Counsellors, who can offer confidential advice, support and counselling. It may be difficult to ask for help; using the welfare service can be a positive way of helping yourself.

We offer a confidential service staffed by experienced, professional, accredited counsellors. We work within the ethical framework of the British Association of Counselling & Psychotherapy (BACP).

If you have something on your mind the Welfare Counsellors will be pleased to try and help, whether the issues are of a personal, emotional or work-related nature. We are committed to understanding your difficulties and helping you to talk openly about them in a safe, supportive and non-judgemental environment.

Our aim is to assist you in exploring and resolving the difficulties you are experiencing and to help you discover alternative ways of managing yourself and situations, so that you can decide what course of action or behaviour is helpful to you. Essentially we help people to help themselves.

Sometimes people want help and support with a specific area of their lives or are experiencing difficulties because of certain events or experiences they have encountered. We provide the opportunity to talk with skilled practitioners who are outside of your situation and who can be objective while helping you to explore your feelings, thoughts and difficulties. Individuals seek help for a variety of reasons; many people find it an interesting and useful way of furthering their self-development and self-awareness.

If we feel you may benefit from further more specific support we can help you to access other agencies or services as appropriate.

The service is here for you. You do not have to struggle with your problems alone. We are here to help you.

Information

Various information packs are available on request, including:

- Stress Management
- Coping With Bereavement
- Assertiveness
- Trauma & P.T.S.D

For a copy of any of these packs or to enquire about information on other topics, please give us a call.

Contact Details

Your Welfare Counsellors are:

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We each have a confidential voicemail facility - if you leave a message we will return your call as soon as possible.