

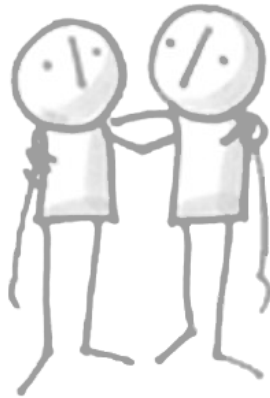


What if I have concerns about my counselling?

If you have any concerns regarding your counselling sessions we recommend that you discuss this with your counsellor, and hopefully you will both be able to resolve any issues. If this is not possible then you can contact the Manager of the Family Support Team at the Hospice.

How do I access this support?

You can contact us directly, using the contact details overleaf, to refer yourself or you can ask someone else such as a parent/carer, G.P, teacher/lecturer or social worker to do this for you.



Contact the Jigsaw Project via the Family Support Team on Tel: 0191 374 6183
or email thejigsawproject@stcuthbertshospice.com

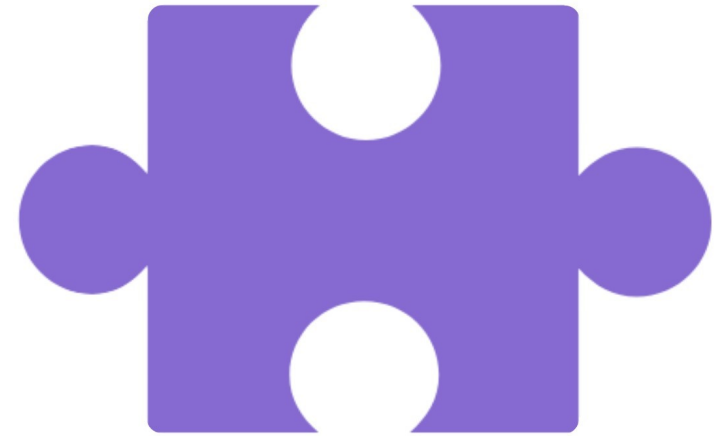
The Jigsaw Project, St Cuthbert's Hospice, Park House Road, Durham, DH1 3QF



www.stcuthbertshospice.com



Jigsaw Project



For young adults experiencing
grief, loss and bereavement

Delivered by The Family Support Team at
St Cuthbert's Hospice

What can St Cuthbert's Jigsaw Project do?

The Jigsaw Project is delivered by The Family Support Team at St Cuthbert's. It is a counselling service for:

- ◇ Young adults who have experienced grief, loss and bereavement, around life-limiting illnesses and palliative care, unexpected or sudden death including suicide, road traffic accidents and murder
- ◇ Young adults who are ill themselves
- ◇ Young adults who have someone they care about who is ill

What is counselling?

Counselling is time set aside by you and a counsellor to look at what has brought you to this point in your life. This might include talking about life events (past and present), feelings, emotions, relationships, ways of thinking and patterns of behaviour.

The counsellor will do their best to help you to look at your issues, and to identify the right course of action for you, either to help you resolve your difficulties or to find ways of coping.

Talking about these things may take time, and will not necessarily all be included in one session.

(British Association for Counselling & Psychotherapy)



This service is free and confidential

The Jigsaw Project at St Cuthbert's Hospice operates in accordance with the British Association for Counselling and Psychotherapy Ethical Framework. This means that what you say to your counsellor will be kept in confidence; however confidentiality may be broken if the counsellor considers you or anyone else to be at risk of harm. This will be explained in more detail in your first session.

How long are the counselling sessions?

Each session will last for approximately 50 minutes and will normally take place in one of the counselling rooms at St Cuthbert's Hospice. We will offer up to a maximum of 10 sessions, which includes any cancelled appointments.

When will I see a counsellor?

We will try to be as flexible as we can, and can offer some evening and weekend appointments if necessary. However, our normal working hours are Monday-Friday 9am -5pm. Appointments within schools can be arranged.