



What is Counselling?

Here at Brain Injury Matters we appreciate the practical and emotional impact that brain injury has on individuals and their families. Our counselling service aims to provide a safe and confidential space for individuals to explore and address specific challenges when adjusting to living with a brain injury.

Counselling is a talking therapy. It is a two-way process whereby you and the counsellor work together to identify, understand and help find solutions to any problems you may be experiencing.

Counselling is not an advice giving service; it assists you by offering practical and emotional support as you identify your internal resources, enabling you to develop better ways of coping.

Contact details

Brain Injury Matters

Head Office: Suite 5c Stirling House
Castlereagh Business Park
478 Castlereagh Road
Belfast, BT5 6BQ

Tel: 028 9070 5125

Email: info@braininjurymatters.org.uk

Web: www.braininjurymatters.org.uk

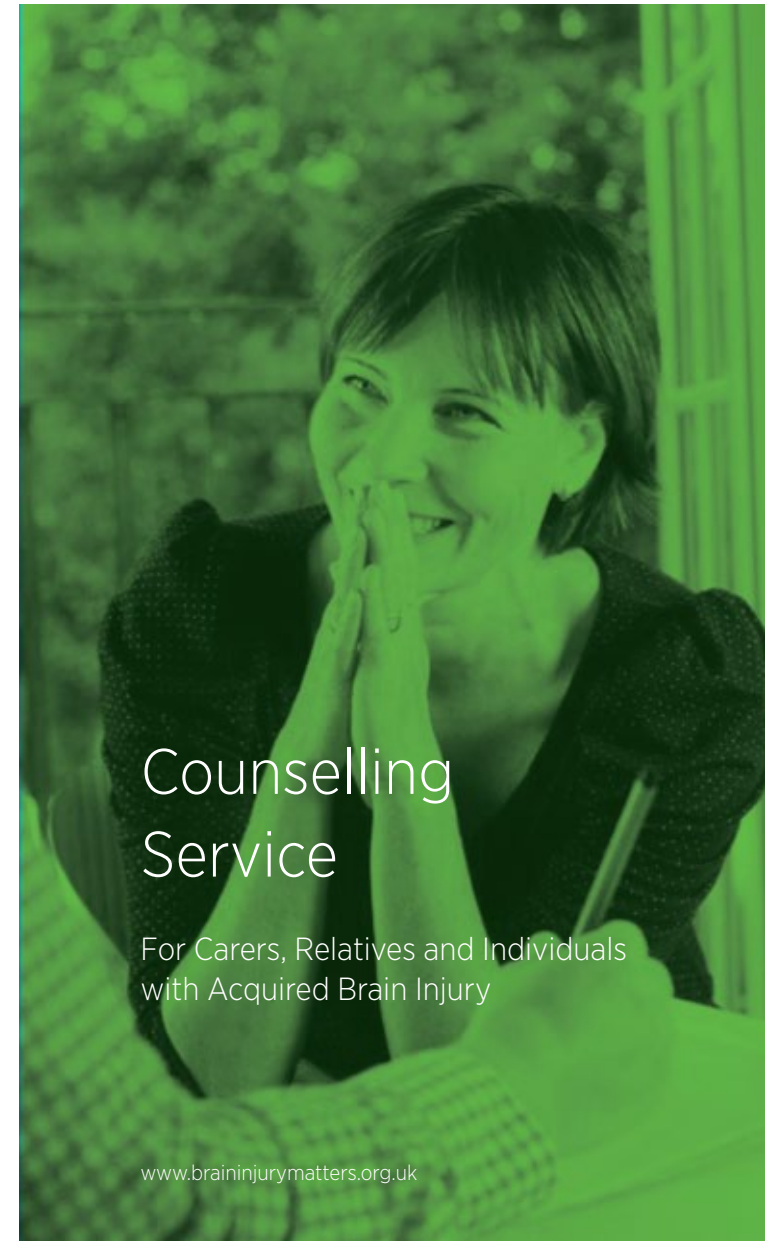
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Charity No XR26050



**BRAIN
INJURY
MATTERS**



Counselling Service

For Carers, Relatives and Individuals
with Acquired Brain Injury

www.braininjurymatters.org.uk

“Counselling gave me a safe space to explore my situation and encouraged me to live the life I deserve.”

Male, 28

Counselling Service

We Provide:

- A service specific to individuals with acquired brain injury, their families and carers
- Trained Professional Counsellors who have specialist knowledge and understanding of a range of issues and challenges relating to brain injury
- A free service
- A confidential service
- An initial 6 sessions of approximately 50 minutes

Appointments

Appointments can be made by contacting us at;

Phone: 028 9070 5125

Email: info@braininjurymatters.org.uk

An initial consultation will be arranged and if it meets your needs at that time counselling will be offered. Generally counselling sessions will be scheduled for an initial period of six weekly meetings which will last for approximately 50 minutes.

Counsellors abide by the British Association of Counsellors and Psychotherapists (BACP) code of Ethics

Our Counsellors are supervised by professionally qualified and accredited supervisors to ensure highest standards.

Anyone availing of the counselling service will be made aware of the Policies, Practices and Procedures of the Ethical Framework of good practice.

Donate

You can donate now by texting **"GIFT15"** and the amount of you wish to donate to **70070** or set up your own Just Giving page by visiting

www.justgiving.com/braininjurymatters

Whilst this is a free service Brain Injury Matters is a registered charity and all donations in order to sustain this service are gratefully received.

There are a number of ways to do this, for more information visit www.braininjurymatters.org.uk

