

How can it help?



“Counselling was a space for me to be listened to”

“I found it easy to open up...which I found difficult to do at home for fear of upsetting my family”

“I was a nervous wreck...now I am back to my old self”

Getting to the first session can be hard but once you have managed and start to build trust the sessions (group or individual) can help you to understand yourself and express your feelings.

Equal Opportunities

Midlothian Sure Start is committed to the promotion of inclusive work practice, in terms of sexual orientation, disability, race and religion.

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For further information please contact:

Therapy Services
Midlothian Sure Start
Colliery Court
McSence Business Park
32 Sycamore Road
Mayfield
Midlothian
EH22 5TA

Telephone Number
0131 654 0489

Email:

admin@midlothiansurestart.org.uk

www.midlothiansurestart.org.uk

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Therapeutic Services

*Supporting Families
with Children 0-12 years*



@MidSureStart



Scottish Registered Charity Number:

SCO031038

Company Number: 215330



Scottish Rural
Development
Programme



Scottish Government
Riaghaltas na h-Alba
gov.scot

BUILDING

BEST

BEGINNINGS



Why this service?

The primary focus of Midlothian Sure Start's Early Years Therapy Service (though not it's only focus) is to help deal with the many issues and feelings that may be experienced during pregnancy and after the birth of your child. Our service recognises childbirth as a significant life event which can have an impact over a lifetime.

In addition to our early years' service, Midlothian Sure Start offers therapeutic services to the families of children in nursery and primary school. (funding dependent)

Talking things through or expressing ourselves in a supported environment can be effective in dealing with a wide range of difficulties.

We have a team of experienced and qualified therapists and counsellors from a range of training backgrounds, allowing us to offer a number of supports to families with a child, or children, up to 12 years old.

For more information please do not hesitate to contact us.



What is on offer?

Getting in touch Making an appointment



- 1 - You can refer yourself
- 2 – You can be referred through Health or Social care services e.g. your Health Visitor, GP or Midwife. With your agreement, agency workers can make a referral on your behalf.

Referral forms are on the website.
All completed forms to be returned to the address overleaf.

Once a referral form is received, we will contact you and offer you an initial assessment meeting with a counsellor to help you decide what may be the most beneficial route for you to take.



Confidentiality

Clients may feel assured that therapeutic work is bound by strict rules of ethics regarding confidentiality. In this and other respects the service adheres to the code of Ethics of British Association of Counselling and Psychotherapy (BACP) and the Health and Care Professions Council (HCPC).



Feedback

We welcome your comments about this service; the good and the bad. We recommend that you discuss your dissatisfaction with your counsellor. Feel free to request a copy of Midlothian Sure Start's complaint procedure available from admin@midlothiansurestart.org.uk