

Feeling uncertain of what to expect?

Text or email us to ask for an initial assessment appointment.

At the assessment you will be invited to share relevant issues to assess if counselling is suitable and appropriate for you. On occasion referral to other agencies may be suggested. Issues covered may include:

Depression

Bereavement and loss

Anxiety

Adult survivors of child abuse

Suicidal feelings

Self-harm

Panic attacks

Hopelessness

Anger management

Rejection

Finding meaning in life

Post abortion syndrome

There is Hope!

Interested in knowing what other services we can offer?

Hope Training (part of Hope Trust a registered Irish charity) have produced materials suitable to support those affected by suicide and self-harm. This includes a book called Equipped to Care covering four workshops on developing appropriate skills to help connect with people in need

We have run Bereavement Support Groups where requested

We can refer those requesting confidential prayer ministry, to the team at River of Life church, Athlone, for an 'in person' appointment

For stories of hope, see website:
www.hopetrust.ie

For further information
website:

www.hopetrust.ie

Charity ~ 20062125



**Need someone to
talk to
confidentially?**



Text: 087 3664745

or

Email: hopecounselling.ie@gmail.com

Web: www.hopetrust.ie



We can offer

Confidential service

Availability to adults -

**male, female, people of faith
or no faith**

Qualified staff

A Christian ethos

Cost on a sliding scale

Private appointment in

- **Athlone**
- **Carrick-on-Shannon**
- **Dublin**
- **Oranmore**
- **Kilkenny**
- **Portlaoise**
- **Or online appointment**

Who are we?

Hope Counselling is part of Hope Trust, a registered Irish charity. We aim to assist people struggling with life issues through listening, healing and equipping people for effective living.

Our service aims at offering professional and confidential counselling by appointment within the community **or online** as appropriate. Staff are fully trained and accredited members of a professional body, receiving professional supervision

How to make contact with us:

For an appointment please
email

hopecounselling.ie@gmail.com

or

text message

087 366 4745

There are times in one's life when a listening ear is needed; when it would be helpful to speak to someone with the skills to hear at a deep level the issues that concern us.

The counselling service aims to help in a friendly, courteous, respectful and professional manner. Through empathic listening skills counsellees are helped to find their own solutions to issues.