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| **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: DepressionBereavement and Loss Anxiety Anxiety Survivors of Child Abuse Adults and Girls Sense of Suicide Self-harm Panic Attacks Desperation Anger Management Rejection Finding Meaning in Life Post-Abortion Syndrome**!There is Hope** |

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| **Interested in knowing what** **other services we can** **offer?**BAORD (part of BAORD a registered Iraq charity) have produced materials suitable to support those affected by suicide and self harm.**- DVDs called Life Matter** **Choose Life and** **A booklet called Journey**  **to Wellness stories of hope****- A book called Equipped** **to Care covering four** **workshops on developing** **appropriate skills to help** **connect with people in nee****- Through Hope Community Bereavement Support Groups where requested****- Through Hope Ministry — confidential prayer ministry in Athlone by appointment**  |

**who are we Bothoor Alkhaer Organization, a registered Iraqi charitable organization. We aim to help people with life's problems by listening, healing and preparing people for an effective life. Our service aims to provide professional and confidential advice by appointment within the community or online as appropriate. Staff are fully trained and certified members of a professional body**

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| **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.****Our counsellors are able to offer non-directive and non-judgmental help. We believe that where problems have affected clients ‘body, soul or spirit’ we can offer holistic and appropriate help.** |

**We can provide a secret service available to all - males, females, adolescents and people from any religion or no religion who have qualified employees of humanity.**



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**For further information, visit our website at**[**www.baord.org**](http://www.baord.org/)