

## **Muirhouse Medical Group Counselling Service**

The practice has a part-time counsellor who offer short-term counselling to help people deal with a wide range of mild to moderate psychological problems.

The issues that our counsellor may be able to help with include anger, anxiety, abuse (emotional, physical and sexual), bereavement, depression, relationship problems and self esteem problems. The service offers up to six appointments, usually on a fortnightly basis. If by the end of this period further work is needed the counsellor will endeavour to help people access other local services that can offer longer term support.

Access to the service is by referral from a member of the primary health care team, usually a GP. Due to high demand the average waiting time is approximately 16 weeks although the counsellor will prioritise urgent referrals. If you have a preference regarding whether you see a male or female therapist please discuss this with the person referring you.

As part of its commitment to training, and to increase capacity, the service offers placements to counsellors in training, with the trainees responding to some of the referrals.

Sessions are held in English only so a reasonable command of the language is necessary.

Shane Buckeridge