

## HOW DO YOU CONTACT US TO MAKE AN APPOINTMENT?

To make an appointment, ring 086 308 1476 and within 24 hours someone will get back to you to arrange a first meeting.

## WHAT HAPPENS AT A FIRST MEETING?

At a first meeting you get a chance to talk with the counsellor about the difficulties you are experiencing. As you and the counsellor go through the session you will get a feeling of how counselling works and then you can decide about your future appointments.

## THE SERVICE IS:

CONFIDENTIAL  
PROFESSIONAL

NON JUDGEMENTAL  
RESPECTFUL TOWARDS TRAVELLER  
IDENTITY AND CULTURE

## PAIN ON THE INSIDE IS NO LESS PAIN

Traveller Counselling Service  
6 New Cabra Road, Phibsborough, Dublin 7

Tel: 086 308 1476

[www.travellercounselling.ie](http://www.travellercounselling.ie)

Email: [travcounselling@hotmail.com](mailto:travcounselling@hotmail.com)

Bray: 086 886 8824

Coolock: 086 061 4488

City Centre: 087 285 2255

Family Counselling, City Centre: 086 822 5688

# TRAVELLER COUNSELLING SERVICE



Traveller Counselling Service

If you feel that you need to talk to someone in confidence about issues or difficulties you might be having.

Contact the Traveller Counselling  
Service on: 086 308 1476

[www.travellercounselling.ie](http://www.travellercounselling.ie)

## **THE TRAVELLER COUNSELLING SERVICE**

is an independent culturally appropriate counselling service which is specially set up for Travellers in the Greater Dublin Area.

## **THE TRAVELLER COUNSELLING SERVICE**

provides a free, confidential, non judgemental counselling service to members of the Traveller community who are over 18 years.

## **THE TRAVELLER COUNSELLING SERVICE**

has counsellors based in a number of local areas in order to make the service more accessible to the traveller community

## **THE VISION**

is to establish and develop a culturally sensitive counselling service which responds to the very real needs of the Traveller community.

## **THE TRAVELLER COUNSELLING SERVICE**

will provide counselling to:

- FAMILIES
- INDIVIDUALS
- COUPLES

## **THE ISSUES AND DIFFICULTIES**

that the Traveller Counselling Service will address are:

- DEPRESSION
- ANXIETY
- RELATIONSHIP DIFFICULTIES
- FAMILY PROBLEMS
- LOSS AND BEREAVEMENT
- DRUGS AND ALCOHOL MISUSE
- IDENTITY ISSUES including sexual identity
- PHYSICAL AND SEXUAL ABUSE
- SUICIDAL THOUGHTS AND FEELINGS

## **WHAT IS COUNSELLING?**

Counselling is an activity involving a counsellor and someone who is experiencing an issue or difficulty in their life. The counsellor offers a safe, confidential space where the client can explore their difficulties with the support of the counsellor and find possible ways of addressing or resolving them.

## **IF I GO TO COUNSELLING IS THERE SOMETHING WRONG WITH ME?**

Sometimes people think that going to see a counsellor means that they can not cope with life and that people will think they are cracking up. In reality counselling is not a big deal. If we are in pain, we go to the doctor. If we have a toothache we go to the dentist. If we are in emotional distress we should consider seeing a counsellor because when things get bad, getting help is really important. Even in the most difficult situations it has been consistently shown that things can improve.