

## What happens when I go for my first appointment?

There is no set structure for the session, you are free to discuss the things that are a priority for you. The counsellor may ask for some background information in your initial session by asking you to explain in your own words what the issue or issues are. If it is difficult for you to discuss your issues in front of other family members you can be seen on your own until you feel confident enough to have joint sessions. At the end of the first session the counsellor will recap what has been discussed and you will agree a plan for future sessions.

## Frequency of counselling and length of each session

The length of each session is normally between 50 minutes to 1 hour. However, this is flexible and may depend on your time and availability. Sessions are tailored around your needs and whilst some family members may request weekly appointments, others may schedule appointments as and when required. Appointments are available Mon to Fri 9am to 5pm. Early evening appointments are available on Mondays.

**If you would like to make an appointment or simply ask some questions please contact the project by phone on**

**TEL: 0141 773 1222, Text on 07939 172473**

**or Email: [counselling@geaap.org](mailto:counselling@geaap.org)**

**[www.geaap.org](http://www.geaap.org)**



# FAMILIES & COUPLES COUNSELLING SERVICE

## Have you been affected by a family members alcohol use?

Family members living with someone who has an alcohol problem can experience some intense and confusing emotions, which at times may feel overwhelming. This is perfectly normal and understandable. There is no right or wrong way to feel, because we all react in different ways. Some people feel that the drinker doesn't care about them or even blames them for their drinking. They may feel unheard, unloved and unable to cope with the challenges and difficulties that come their way. But it is important that you and your family look after yourselves and think about your own needs in terms of what resources and support is available to you.



## What is Family Counselling?

When someone in the family has an alcohol problem, families and relationships are put under strain, it can sometimes leave families feeling isolated and alone, especially if they are unable to share those feelings with the drinker or other family members and friends. It can be natural to want to protect the family by keeping the problem hidden, however it is important that families find an outlet for their feelings and emotions.

It may be that you are experiencing emotions such as exhaustion, anxiety, or feelings of loss & sadness, at your family's situation and anger towards a specific individual, frustration about what has happened or feelings of guilt. Many families continue to juggle the demands of work, childcare or caring for elderly relatives whilst also trying to cope with the drinker. This can add to feelings of stress, fatigue and generally being overwhelmed and overloaded.

Talking to a non-judgmental and unbiased professional counsellor, collectively as a family or individually gives, you the opportunity to look at your emotions and consider constructive ways of coping and adjusting. It may help lead you to a greater sense of control and purpose, especially at a time when everything may seem quite overwhelming. Anything you wish to discuss with the counsellor is treated in strict confidence.



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