

New Life Counselling is a voluntary counselling organisation committed to supporting the emotional health and wellbeing needs of its clients through the provision of counselling and therapeutic services. New Life Counselling provides counselling services for children, young people, adults and families.



**NewLife**  
counselling

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counselling

“we’re listening”

**Contact Details**

For further information or to make a referral, please contact:

25 Ardoyne Road  
Belfast BT14 7HX  
**Tel: 028 9039 1630**

Unit 20  
North City Business Centre  
2 Duncairn Gardens  
Belfast BT15 2GG  
**Tel: 028 9074 6184**



[info@newlifecounselling.net](mailto:info@newlifecounselling.net)  
[www.newlifecounselling.net](http://www.newlifecounselling.net)

Registered Charity Number: XR33055

**Hello.**  
**We're New Life Counselling, we're here to help you.**  
**Counselling for Adults**

## Counselling for adults

New Life Counselling can provide counselling to clients aged over 25 through our adult counselling project. There is no upper age limit to this service. We offer counselling to individuals and couples as well as group therapy programmes.

We can provide counselling support on an individual or group basis to older people who often experience social isolation, loss, bereavement, health issues and financial hardship.

## What will happen in counselling?

The counsellor will ask you about your issues and give you the chance to talk about them. During counselling you will be able to discuss these issues and how they are affecting you with the aim to explore and resolve them.

Through addressing these issues you can come towards a clearer understanding of yourself and how to make healthier, positive choices in the future.

## Reasons you might come to counselling...

You can see a counsellor for lots of different reasons including:

- Anxiety / Depression
- Isolation Issues
- Bereavement
- Relationship Issues
- Trauma
- Bullying

## What can you expect from counselling?

- What you talk about will be respected and treated in confidence
- You won't be judged
- You can be yourself
- You will be listened to
- You will learn new ways of dealing with difficult thoughts or feelings

## Confidentiality

Counselling is private and confidential. However, there may be times when we may need to share serious worries or concerns with important others who need to know. We will always try to talk to you before sharing this information. We will only share the minimum amount of information needed to keep you safe and provide the best quality of service.

## How can you get counselling?

You can refer yourself to New Life Counselling by completing a referral form. These are available from either our Ardoyne or Duncairn offices and can be posted to your home at your request (contact details for our offices can be found on the back page).

You can also visit [www.newlifecounselling.net](http://www.newlifecounselling.net) for more information and you can fill in our online referral form.

Referrals can be made on your behalf by your GP, Health Visitor or a member of Social Services.

Once we have received your referral form we will be in touch.

## How long will appointments last?

Each appointment will last 50 minutes. You will meet a qualified counsellor who is trained to deal with a range of issues. They will be interested in finding out what you want to get from counselling and how they may be able to help.

## Standards

New Life Counselling employs trained counsellors who are accredited by a recognised professional body. All of the counsellors work within the ethical framework of their professional body.