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Advice & Support Services Counselling

Headway East Sussex (HES) offers a counselling service to survivors of a brain injury (BI) and their relatives/carers. This is provided by trainee counsellors who are on placement at HES and by qualified counsellors who provide their services on a voluntary basis. To ensure a safe and effective service the counsellors and trainees are managed by our Counselling Manager, who is a registered qualified counsellor, and we fund regular clinical supervision from an external registered clinician. Clients receive up to 24 sessions of 1:1 counselling. A charge of £10 per session is requested to cover overhead costs.

Counselling sessions are currently offered at Headway House in Newick (near Lewes), The Bridge Community Centre in Brighton, Dorset Gardens Methodist Church in Brighton, The Chaseley Trust in Eastbourne and The Orchard, Gleneagles Court in Crawley (a joint initiative with Headway West Sussex)

How does counselling work?

The counselling service supports clients and carers in coming to terms with brain injury by: -

- Providing therapy, information and education to support acceptance of their injury through accepting loss and making changes
- Decreasing the symptoms of depression and social isolation and preventing crisis by enabling people to feel that they are not alone and are understood
- Helping people to grieve for their loss, reach acceptance of how they are now and work more effectively on their rehabilitation and recovery process through learnt awareness, insight and acceptance

What do the clients say?

I can realistically think about my future carving a new beginning

I feel stronger and more confident to cope with the effects of the stroke and to look differently at what I was struggling with....

Counselling is really good and it helps me in my life. I now have strategies to manage challenges

Understanding difficulties helped me to come to terms with them

Clients frequently comment on how important it is to feel understood and that this is something they often do not experience in their community. ABI is known as the hidden disability and if unaware, people can be very quick to judge which can cause significant distress. The counselling service gives people the opportunity to talk about and address all of these issues which they face every day of their life.

For more information or to make a referral, please call our Counselling & Carers Services Manager, Trudy Mayes on the number above or email trudy.mayes@headwayeastsussex.org.uk

Updated November 2016



Affiliated to Headway UK
The Brain Injury Association
A registered charity

Patron: Baroness Julia Cumberlege
Registered Charity no: 1084715
Limited by Guarantee, Registered in England no: 04027768

