21 March 2020

if you work for the nhs

# I would like to support you

Stress and emotional overload affect not only our wellbeing but our ability to cope with challenging situations. In gratitude to all of you who will be put under considerable strain by the Covid 19 outbreak I would like to make access to counselling as easy and as affordable as I can. All counselling sessions will be offered by Zoom, Whatsapp, telephone or email.

## If you work in intensive care or are treating acute Covid 19 patients

### I am offering free 30 minute telephone or video consultations from 8am to 11pm for the next 3 months. We will make the time flexible in recognition of your shifts and overtime you may have to do. But I will be at the end of the phone or available for a video call when you need to offload your experience.

### We will set up an agreement of how we will work together in an initial 30-60 minute consultation and from then on you contact me when and if you need some time to talk.

## If you work for NHS but not on an acute ward

### I recognize that all staff working in NHS will be under tremendous pressure. I am offering heavily discounted counselling sessions to all NHS staff for the next 3 months.

### Fees are £20.00 per hour or £10 for half an hour.

### We will set up an agreement of how we will work together in an initial consultation (30-60 minutes).

### Following this we will set up an agreement on how we frequently and for how long you will need sessions; we can be flexible about this as time goes on.

# about me

I am fully qualified professional counsellor and member of the British Association of Counselling and Psychotherapists. I started out my career as an epidemiologist and one of my first jobs was working in A&E in Kings College Hospital London, where I saw a patient die on a trolley on my second day. It was a very disturbing experience and I had no-one to talk to about it. I would like to know that if you have had a bad day or a struggling to cope that you do have someone to talk to.

My background in health science means I pay close attention to the evidence of what works. We know from a recent study in the Lancet online counselling online is just as effective in relieving depression as face to face counselling for example. Data is at the heart of research, this transferable skill means as a counsellor I am vigilant about record keeping, privacy, confidentiality and feedback.

I have not completed a formal training in online counselling (only face to face). The BACP has encouraged all of us to put our practice online regardless and train ourselves as best we can with online guidance and consulting colleagues: which I have done and will continue to do to ensure my clients get the best quality service achievable.