

Counselling & Psychotherapy

**Blanchardstown Community
Counselling Service**

"you don't have to cope alone"

37 C Main Street
Ongar Village
Dublin 15
D15 RW61

(01)8261289
0858765856

Email: blanchardstowncounselling@gmail.com



Advantages of using our service

We work integratively, which means you are not limited to one type of therapy. The type of therapy or therapies applied during your counselling sessions are discussed and agreed with you beforehand. Not all types of therapy suits everyone, there is no one size fits all. We will work with you and your needs to apply the most suitable therapies for your issue(s), so that you would get the most benefit from counselling.

We have male & female therapists available.

We offer low cost rates to individuals on low income or to those who are in receipt of benefits.

One of our Clinical Managers will do your assessment with you. Our Clinical Manager will assess your needs, and match you with the best therapist for your needs.



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Where to find us

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Take a step in the right direction with
Blanchardstown Community Counselling Service.

Face to face counselling & psychotherapy

Pre-teen, teen & adult counselling

Therapeutic services include but not limited to:

Relationships
Anxiety
Anger
Bereavement
Stress

Abuse
Trauma
Self-harm
Suicide
General Counselling

(01)8261289/0858765856





ANXIETY

Our minds and bodies are connected in more ways than we realise. Common symptoms of anxiety can include tightness in your chest, your heart beating fast and strong, shaking limbs, headaches and pain in your abdomen or 'gut'. While a small amount of anxiety is part of life and is seen as a healthy response to stress. When anxiety gets overwhelming you can work with our therapists to understand what makes you anxious, and help you live a calmer, more balanced life.

BEREAVEMENT

Losing a loved one can be one of the most upsetting things we can experience. Our counsellors are trained and experienced in guiding you through your grief and loss without rushing and without expectations. The process of grief is individual to you, and working through it can bring healing, relief from pain, and peace of mind.

Therapeutic services include but not limited to...

- ✔ Anxiety
- ✔ Anger
- ✔ Abuse
- ✔ Bereavement
- ✔ Depression
- ✔ Stress
- ✔ Self-harm
- ✔ Suicide
- ✔ Trauma
- ✔ OCD
- ✔ PTSD
- ✔ General counselling

GENERAL COUNSELLING

Counselling is for everyone

We all navigate life dealing with stress, worry, emotional upheaval and change. You don't need to be in crisis to reach out for help and support from a counsellor. Many people find therapy a wonderful place to be seen, heard, understood, and valued. Our counsellors will give you the space you need to explore whatever is going on in your life, and help you to make sense of the things you're finding difficult.

You deserve a compassionate therapist... someone to make you feel safe and secure while guiding you through the healing process. Our goal is to support and promote life change that will allow you to form healthy relationships (with yourself and others) and foster an overall sense of wellbeing

"you don't have to cope alone"

- ✔ Face-to-face counselling
- ✔ Safe and confidential
- ✔ All our rooms are warm and inviting



STRESS

Life is rarely stress free. From time to time we can experience changes or events that bring on a higher than usual amount of stress. Our therapists are qualified to help you talk through what is happening to you. Whether it is a difficult event or a change that is ordinarily seen as positive (getting married, moving house or having a baby) we can support and help you.



Call today to make your appointment
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NOT
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www.blanchardstowncommunitycounselling.com