



# Counselling



**Limerick Social Service Centre**  
Upper Henry St., Limerick  
Tel: 061 314111

[www.lssc.ie](http://www.lssc.ie)

The Service is grant aided by



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



Diocesan fundraising and voluntary contributions.



promoting dignity and growth of all people



### What is Counselling?

Counselling is a special relationship which enables people to deal more effectively with life situations. It provides the opportunity to talk and explore feelings in a safe environment. Through this process people are helped to make choices and to relate to themselves and others in more positive ways.

The Counselling Service provides a confidential, respectful space for people to explore their life issues, and offers a holistic approach to counselling by acknowledging that people have physical, psychological, emotional and spiritual needs.

### General one-to-one counselling for varied issues is provided:

- Difficulties in relationships
- Bereavement
- Depression and anxiety
- Low self-esteem
- Coping with illness
- Abuse
- Growth issues

### We offer:

- A listening ear
- A compassionate presence
- Confidentiality
- Support in times of stress
- An opportunity to grieve, to share, to change, to regain hope

Professional counsellors provide services in a comfortable, relaxed and caring environment.



*Our door is always open...*