

MHA Counselling

ACIS · BANFF & BUCHAN · CALSAYSEAT · ONE TO ONE · QUARRY CENTRE · STISH · TORRY ADULTS · TORRY TALK

Stress and anxiety affect many of us in our daily lives and can reach a level where it becomes disabling. It can stem from life events such as bereavement, divorce or other losses, or from difficulties in personal relationships or working life. Stress and anxiety can affect family life and can make it hard to hold down a job or even manage everyday tasks.

At times like this, regardless of an individual's personal achievements and strengths, it may be necessary to accept additional skilled help from our highly trained counsellors. Such help may not be easy to accept but it can make the difference between sickness leave, unemployment, success at work, or between family break up or a positive family life.

The courage it takes for someone to seek help can be rewarded many times over, as is clear from our counselling services' outstanding track record and the feedback we receive.

Our free services operate in Aberdeen and Aberdeenshire so they are widely accessible to the people of the North East of Scotland. The counselling services are accompanied by an effective information service – sometimes, good quality information alone enables people to resolve their difficulties.

Our counsellors are a mix of paid staff and unpaid volunteers: they all share a commitment to help by providing high professional standards of counselling and to continuing to develop their individual skills.



Aberdeen Counselling Information Service, ACIS Centre

MHA could not maintain the levels of training and support required to underpin this quality of service and to support its dedicated counsellors without a combination of core funding from statutory bodies and vital donations from the public at large and sympathetic businesses.

We are grateful for that support which enables us to support so many people.

Currently we are in particular need of funding to extend counselling services to more children and young people whose needs have become increasingly evident.

I've reviewed patients during and after counselling and I am convinced that it has been beneficial. (GP)

Having a mirror to the soul was an eye-opener. I can't thank you enough . . . (Client)

I like the fact that patients can self-refer. It helps with empowerment (GP)