

Information about other support services

Criteria for Counselling

We offer a counselling service for patients who have a diagnosis of cancer or any life limiting disease. We also offer counselling to relatives and carers of patients affected by a diagnosis of cancer or life limiting disease.

All referrals to the Counselling Service need to meet the following criteria:

- Patient, relative or carer to be aged 18 and over.
- Patient diagnosed with a cancer or any life limiting disease.
- Relative/carer or significant person to the patient.

Cruse Bereavement Care
0808 808 1677

Relate
0300 100 1234

Samaritans
116 123

Thinking Ahead
01706 751 180

Mind
01706 752 338

Springhill Hospice
Broad Lane
Rochdale
OL16 4PZ
01706 649920
01706 644943
www.springhill.org.uk

Complaints – if you have a problem or complaint, this should be made in writing to the Chief Executive, Springhill Hospice, at the address above.

Incorporated as a charity Limited by Guarantee
No 2325905.
Registered Charity No 701798



Counselling and Psychotherapy Services

bacp | Accredited Service

What help might be offered to you?

The sessions available give you the chance to express your feelings, identify problems and explore ways to cope. There are different approaches that you may have heard of.

Person Centred Counselling

is an approach which offers the opportunity to share and explore thoughts, feelings and problems, and offers support in difficult times.

Cognitive Behaviour Therapy (CBT)

Looks at how we think about a situation and how this affects the way we act. In turn our actions can affect how we think and feel.

Psychotherapy

Offers help to people with issues from the past that are affecting how they cope now.

Relaxation

Techniques to help reduce pain & tension, improve sleep & relieve stress.

Counselling may be helpful if you:

- Are struggling to cope with your illness
- Need support during your loved one's illness
- Are distressed about changes in your body and appearance

- Feel low and unable to enjoy life or feel depressed

- Feel anxious, stressed, worried or fearful
- Feel that your illness is affecting your relationships
- Are having difficulty coping with loss or bereavement.

Confidentiality

Counselling is confidential. However, we have a legal obligation to share with the authorities disclosures around serious crime. We also have a duty of care to prevent harm to yourself or others. These limits to confidentiality are outlined on our website and will also be explained in full at your first appointment.

What is Counselling and Psychotherapy?

"Counselling and Psychotherapy are umbrella terms that cover a range of talking therapies. They are delivered by trained practitioners who work with people over a short or long term to help them bring about effective change or enhance their well-being"

Springhill Hospice Counselling Service

The service is an accredited organisational member of the British Association for Counselling and Psychotherapy (BACP). All our counsellors are registered or accredited BACP members.

Our counsellors work alongside our doctors, nurses and community team to provide psychological support to patients and their loved ones.

The team is assisted by counsellors in training, all of whom work within the BACP Ethical Framework for the Counselling Professions. Sessions last 50 minutes. This is a free service. The service operates Monday to Saturday. Flexible, early or late appointments can sometimes be accommodated.