Devon in Sight Health and Wellbeing Fact Sheet 5

Emotional Wellbeing and Counselling Service

Emotional Wellbeing

Our Emotional Wellbeing and Counselling service is a safe place for you to talk to us or to have further input with one of our sight loss trained counsellors.

An informal Chat about how you are feeling?

Initially this service provides an opportunity for you to talk, in confidence, to a member of our team about how you are feeling. We can help identify other support such as Chit Chat calls or local sight loss groups and we can discuss ways to ‘keep well’ that will work for you.

Counselling

If you feel that you need more input in terms of counselling support, we are delighted to be able to offer a number of free one-hour counselling sessions. These sessions may be in person or over the telephone and is something that you and your counsellor will agree together.

We have expanded our capacity and now have four experienced local counsellors who have received sight loss training and who are accredited with the RNIB. Talking therapies can be a positive step to take and as one of our passionate counsellors says ‘Often the first step is the biggest – just making contact with a therapist can be the start in your journey of self-empowerment.’

After an initial discussion we will allocate you to one of our counsellors and send you a confirmation letter. Following this your counsellor will contact you to do an initial GAD score and assess the best way forward as well as to agree the mutual dates.

For more information about these services please call our helpline on **01392 876 666** or email **enquiries@devoninsight.org.uk**

If you need any further advice, call our Helpline: 01392 876 666

Devon in Sight is a member of the **Helpline Partnership Community.**

Further Support Available from Devon in Sight

Devon in Sight offers a range of holistic services for anyone affected by sight loss, who either live in or work across Devon. We can provide support to people who are blind or partially sighted, their families, friends and carers.

Our Sight Loss Services focus on four key areas, **Information, Advice and Guidance (IAG)**, **Independent Living**, **Health and Wellbeing**, and **Influencing Change** (Making the world a better place for people with sight loss).

Information Disclaimer

Devon in Sight is committed to producing Information, Advice & Guidance Resources that are clear, accurate, evidence-based, up-to-date and easy to use. We have a robust information production process based on best practice to ensure that information we produce meets the needs of people who are blind or partially sighted and their family and friends.

Devon in Sight is not a medical organisation; therefore we can only provide general information that is not intended to be a substitute for a proper medical assessment. Our information is not intended to be used for individual cases. If you have a specific question about your eye condition, we recommend that you consult an eye care professional.

Devon in Sight will not accept liability for any loss or damage or inconvenience arising as a consequence of any use of or the inability to use any information resources that it provides. People who use our Information Resources and rely on any information do so at their own risk. Devon in Sight does not represent or warrant that its Information Resources are accurate, complete or up to date.

Our Information, Advice & Guidance Resources were correct at the time of writing. However, due to research and medical advances, the content may not be completely up to date.

Devon in Sight Contact Information

Helpline 01392 876 666
www.devoninsight.org.uk
enquiries@devoninsight.org.uk

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