



DIOCESE COUNSELLING SERVICE FOR HEADTEACHERS

The Diocesan Counselling Service is a free confidential service available to help support your well-being and mental health

What support is available

Six initial sessions are available to individuals, with the possibility to increase to a maximum of twelve following discussion and review. Arrangements for families and groups can be made in negotiation with the network coordinator.

How to access support

You can either self-refer, or you may approach the service with the knowledge (and indeed encouragement) of an archdeacon or bishop.

Following a referral or self-referral, people can contact the Well-Being network leader who will undertake a telephone screening interview to ascertain their availability, locality and primary reason for wanting their service.

In cases of self-referral, a maximum of eight sessions will be paid for; thereafter, agreement will be needed between the service and the Diocese, but still maintaining the person's anonymity where necessary.

- The initial point of contact is Julie Flood, Diocese of Rochester Counselling and Well-being Network Co-Ordinator / counselling@rochester.anglican.org phone / 07827 157328

Who provides the support

The Network works with a number of independent counsellors, therapists or mental health professionals who are monitored and supported by the network.

We ensure that the practitioner holds appropriate qualifications, has professional liability insurance and is a member of an accredited professional body. Privacy and confidentiality will be maintained within professional, ethical guidance.

Confidentiality

Be assured that all those working within the Diocese of Rochester Counselling and Well-being Network are passionate about providing a safe, effective, supportive service in line with diocesan values and commitments.

This means that disclosure of information is only made to ensure or enhance the quality of work, to protect an individual or others, for safeguarding reasons and when a practitioner is legally required or authorised to do so.

For more information about mental health and the support available go to <https://www.mentalhealth.org.uk/explore-mental-health/get-help>