

Alcohol Counselling - Starting Out

how will I feel?
what happens?
what will I say?
where?
when?
who?

‘Even the longest journey starts
with a single step’



FASS counselling is about:

- * making changes
- * exploring what is important to you
- * achieving your hopes and dreams

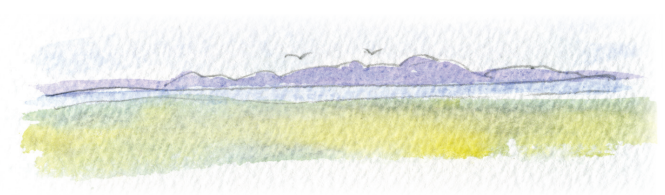


FASS counselling is:

- * a chance for you to talk to a trained alcohol counsellor about your alcohol problems (or those of someone close to you)
- * confidential and free
- * tailored to suit you

FASS counsellors are:

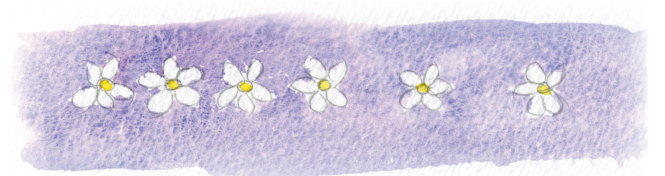
- * professionally trained
- * accepting of anything you want to talk about



“My counsellor was non-judgemental
and put me at ease.”

How long and how often is each session?

- * counselling sessions last up to 60 minutes
- * weekly or fortnightly to begin with, becoming more spaced out to suit your needs



“Right from the beginning I felt welcome.”

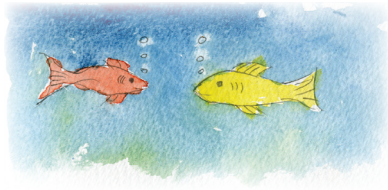
Feeling nervous?

- * Talking about yourself may be a new experience and therefore can feel a bit overwhelming at first
- * This is quite natural and your counsellor will soon put you at ease



What will I say?

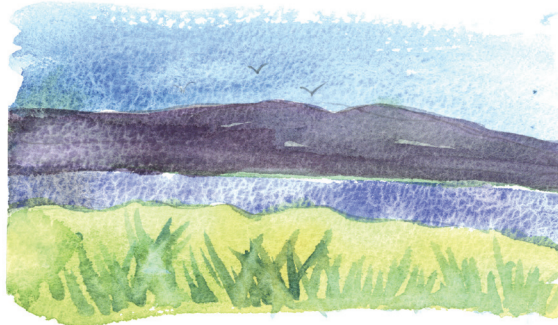
- * Just be yourself
- * You can talk about anything that is bothering you
- * You may feel emotional about what you are telling the counsellor, and this is completely normal
- * Your counsellor will gently guide you through the process



What to expect?

Your counsellor will:

- * welcome you into a comfortable, private room
- * explain confidentiality to you fully
- * listen to your story and your reasons for coming to counselling
- * take a note of your details and feelings about alcohol



What happens next?

Your counsellor will help you to:

- * look at any issues or difficulties that you are currently experiencing
- * set your own goals to make positive changes
- * arrange another appointment if you would like one

How will I feel afterwards?

- * Many clients often experience a sense of relief, especially after the first session
- * There is something calming about knowing that your problems are already starting to be addressed



“My FASS counsellor gradually guided me back to the good life I have today.”

Check out our website at:
www.fife-alcohol-support.org.uk
or call 01592 206200
to make an appointment.