

Interactions ""

COUNSELLING & SUPPORT SERVICES

“DO YOU FEEL TIRED ISOLATED FRUSTRATED ALONE OR UNHAPPY?”

“WHO CAN HELP ME?”

How often do you bottle up and keep your real feelings to yourself? When was the last time you felt really happy and content? Who really listens and understands you? What stops you asking for any help and support?

Who are Interactions?

Interactions is a unique counselling and support organisation that provides a range of personal services to a variety of people.

You may have heard of counselling, or had friends who have seen a counsellor. You may also be thinking that it's not for you, or that your problems are not serious enough.

We aim to listen to you, understand your situation and identify the options that are available to you.

We will help support and empower you to make the choices and changes that will lead you to the life you want to choose. We will not judge you, or tell you what to do. We simply listen, explore and support you.

We will bring a new and insightful perspective to your situation, so you can take control of your life and future happiness.

The benefits of going to counselling can be life changing - despair can be a very debilitating and frightening thing, as the saying goes, 'a problem shared is a problem halved'.

Interactions ""

COUNSELLING & SUPPORT SERVICES

What are the benefits?

- You get access to a friendly and supportive person who really listens to what you have to say.
- We offer an encouraging and empathic relationship in which you can explore any issues at your own pace.
- It will enable you to view your situation from an objective point of view and shed new light on it.
- Helps you take control of your life and become more assertive.
- Improves your communication skills.
- Increases your self esteem, confidence and ultimately your happiness.
- Allows you to talk and express yourself openly and freely with no fear of judgement.
- It can help you express your feelings and come to terms with new or past experiences.

Interactions ""

COUNSELLING & SUPPORT SERVICES

Who would benefit from counselling?

Anyone who feels that they are not coping, or are simply unhappy with an aspect of their lives can benefit from counselling. You may also be experiencing a number of symptoms that we may be able to help alleviate.

- These symptoms could include:
- Continual feelings of tiredness and worry.
- On-going sleeping problems.
- An inability to focus or concentrate on everyday tasks.
- Poor work performance.
- Relationship problems with friends, family or partners.
- An increase in your drinking and smoking.
- Sexual problems and concerns.

If you or a friend and are experiencing any of the above symptoms then please do not suffer alone any longer.

Take the first positive step towards happiness by getting in touch with us!

Interactions ""

COUNSELLING & SUPPORT SERVICES

Did you know?

- Research shows that grieving may not start for at least 3 months after a bereavement.
- Anxiety disorders are quite common, affecting 5 per cent of the population at any one time. (RCPSYCH)
- It's estimated that nearly 1 in 3 adults in the UK drink more than the recommended daily amount of alcohol. (BUPA)
- The number of divorces in Scotland rose by nearly 20% from 10,940 in 2005 to 13,014 in 2006. National Statistics (UK GOV)

Testimonials

- 'Listened sympathetically, non judgemental, made me feel comfortable and at ease.' RS
- 'First class, a man of great experience.' SW
- 'I felt she was very easy to speak to. I always felt comfortable, the rooms were comfortable. RJ
- 'This course was much more than I expected' RG

Interactions ""

COUNSELLING & SUPPORT SERVICES

"WHAT SERVICES DO YOU OFFER?"

At Interactions we provide a range of specialist services we have highly qualified counsellors working with us. All our work is strictly confidential and we offer a choice of male and female counsellors. No matter what your problem is we can help. Contact us now and let us help you make that first step to a life of happiness and contentment.

Our services:

- Loss and bereavement
- Relationship problems
- Alcohol and substance abuse
- Sexual issues
- Work related stress
- Post Traumatic Stress

Consulting Rooms

83 St.Clair Street
Kirkcaldy, Fife
KY12 NW

Mailing Address

PO Box 26724
Kirkcaldy, Fife
KY12WO

Tel: 01592 262869

Email: info@interactions.org.uk
Website: www.interactions.org.uk

Interactions ""

COUNSELLING & SUPPORT SERVICES

The Text in this document was copied from a Leaflet supplied by Interactions Counselling & Support Services – George Davidson at the FIDN Network Meeting 03/03/2011 Balmullo Village Hall to put onto the FIDN website.
Copied by Robert A Hunter