



# A place to talk... Counselling



"My Daddy has MS. He is in a wheelchair and Mummy has to help him get dressed and help feed him. We like coming to the centre in the holidays and playing computer games. Yesterday Daddy stood up for the first time in seven years. Mummy cried."  
*Joel, aged eight.*

"Before the centre was open, there were days when I wouldn't see a soul. Now I know there is always someone to talk to and laugh with. The centre has really helped me cope, and introduce me to a whole new purpose in life"  
*Mike, centre user*



A place of support, therapy and information for Cornwall

## How to find us

The Merlin MS Centre can be found on the main A390, between St Austell and Truro, at Hewas Water.

We are located behind Andrew Toms Garage and adjacent to Pengelly Garden Centre.

 01726 885530

 [hello@merlinmscentre.org.uk](mailto:hello@merlinmscentre.org.uk)

 [www.merlinmscentre.org.uk](http://www.merlinmscentre.org.uk)

 Bradbury House,  
Hewas Water, St Austell,  
Cornwall, PL26 7JF

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Charity No. 1093691

 **Merlin  
MS Centre**

# A place to talk... Counselling

The Merlin MS centre offers a confidential online counselling service for those whose lives are affected by MS and other neurological conditions

The online counselling service offers Skype (face to face), phone and email therapy and is run by trained psychotherapists who have a knowledge and understanding of neurological conditions.

## So what is counselling?

Counselling's main aim is to support individuals who are experiencing difficulties in their lives. Counselling is not about telling people what to do, but rather help people find their own solutions to address their concerns and to find a way forward that is best for them.

Counselling can help with a range of issues; including anxiety, depression, coping with change, relationship difficulties and illness.

## What is involved?

If you decide that counselling may be helpful, then an initial telephone conversation is held with the therapist. This conversation helps to find out what concerns you have and how online therapy can help.

An agreement is made to talk regularly (usually weekly) for a period of time to work together on whatever you would like to talk about.

## Who is it for?

**I have MS** - The service supports those who have MS. Whether you have a new diagnosis or are living with MS, counselling can help to provide emotional support when you need it.

**I am a carer for a loved one with MS** - The service can offer counselling to carers who look after a family member with MS. As a carer, providing emotional and practical support can be tough at times. Counselling can offer a place to talk through concerns in a safe and neutral space.

**I don't have MS** - If you are a registered centre user and think counselling might be helpful, contact us and we will ask one of our therapists to call you and make an initial appointment.

## How do I get in contact?

Contact the centre and they will ask one of our therapists to call you for an initial chat.

For more information please contact:  
01726 885530 or email  
[hello@merlinmscentre.org.uk](mailto:hello@merlinmscentre.org.uk)