

Our direct telephone number:
020 8539 5592

Internet

Directions and further information can be found at
www.whippsx.nhs.uk

Or email us at: margaretcentre@whippsx.nhs.uk

Information is available in other languages and formats

Please let your key worker or counsellor know if you would like this leaflet in another language or format.

Tell us what you think

We welcome feedback, comments and suggestions. Please complete the feedback questionnaire given to you by your key worker or counsellor, or you can leave a message for the Margaret Centre Matron on 020 8535 6604.



Psychological Support Service

Counselling Services for children, young people and adults.



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Whipps Cross Road, Leytonstone, London E11 1NR

The Margaret Centre
Specialist Palliative Care Services



This leaflet aims to answer common questions about the Counselling Service

What is the Counselling Service?

This service offers counselling support to people who are living with a life-limiting, progressive illness and for their family/carer and bereavement counselling for people who are experiencing

difficulties as a result of bereavement.

Who is this service for?

- The Young People's Service is for 12-17 year olds.
- The Adult Service is for people aged 18 years and over.

Please refer to the Zig Zag leaflet for information about our counselling service for children aged 3-11 years.

The service helps people who:

- are living with a life-limiting, progressive illness; or
- have a parent /carer or significant person in their life with a life-limiting illness.
- have experienced a bereavement;

Who can make the referral?

You can be referred by:

- Margeret Centre staff;
- your hospital doctor;
- Community health professionals;
- Your social worker.

If you are a young person, you can also be referred by



educational professionals, such as your teacher or lecturer.

What happens next?

We will record your contact details together with the reason for referral.

We will invite you to an assessment to see if we are the best service to meet your needs.

At the first appointment we will discuss with you whether

ongoing counselling is appropriate for your situation.

If ongoing counselling is not appropriate, we will advise on what services may be more suitable for your needs.

No confidential material will be discussed with anyone else without first asking your permission.

