

# Simpson House: Counselling & Recovery

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## **Simpson House Counselling & Recovery is a confidential service for those affected by their own or someone else's past or present drug use**

We provide two stages of support. We offer 6 weeks of Recovery Appointments followed by Counselling. Alternatively you can choose Recovery Appointments or Counselling on their own. We welcome people of all cultures, gender identities, sexual orientations and all religious or ethnic backgrounds.

### **Recovery Appointments**

Recovery appointments use CBT (Cognitive Behavioural Therapy) tools to help you explore issues and develop skills in your recovery. Your sessions will be tailored to what you would like to work on and support you to challenge your thoughts and behaviours and achieve your goals. Some of the topics we cover include:

- Managing anxiety
- Dealing with unhelpful thoughts
- Relapse prevention
- Preparing for change
- Rebuilding your life
- Developing awareness of self-worth

### **Counselling**

Counselling offers a space for you to explore your thoughts and feelings on issues relating to your own or someone else's drug use. This may be looking at the way your life is affected by drug use or it could be exploring past experiences which led to drug use. We regularly work with issues such as:

- Anger
- Loss
- Relationships
- Bereavement
- Anxiety
- Abuse (emotional, sexual, physical)
- Self-worth

Our Counsellor will work with you at a pace you feel comfortable with. They are trained in a variety of counselling approaches. We are a BACP (British Association for Counselling & Psychotherapy) accredited service and we follow its Ethical Framework for Good Practice and Professional Conduct Procedures.

### **How do I get an appointment?**

By calling us! Your appointment will be at the same time each week. We're funded by the Edinburgh Alcohol & Drug Partnership, however this does not cover the full cost of running the service. Any financial donations are welcome. If you are unable to attend please let us know in advance.

"We work in partnership with the organisations Crew and ELCA"

