



EXTRACTS FROM RISE COMMUNITY SURVEYS, SEPTEMBER 2017-MARCH 2018

1. Feasibility and Uptake of Counselling & Psychotherapy as a Psychological Health Intervention

- 60% of respondents had used counselling in the past
- 80% of respondents felt affordability was the most important factor when seeking counselling, with the remainder highlighting type of counselling and recommendation
- 90% of respondents felt that the government does not do enough to make counselling affordable to those on lower incomes

Rise Counselling & Psychotherapy offer a sliding scale which enables us to be more accessible to those in different financial circumstances. We also offer a household package to meet more needs in the family environment.

2. Concerns about Using Counselling & Psychotherapy

- Confidentiality and data storage
- Meeting locals at the practice
- Affordability and convenience of time, location etc.

Our initial consultation process ensures that clients are not placed with a counsellor who is known to them. Confidential case notes are not identifiable to the client, rather we use a coding system and notes are not held on the premises. Appointments are scheduled in a staggered fashion that minimises the chance of clients meeting on the way in or out of the practice. We are located in a discreet location with plenty of parking and appointments are available morning and evening Monday – Friday (9-9) and on Saturday mornings (9-2).

3. Key Areas Deemed Most Needed for the Wider Wicklow community

- Counselling for adults, range of issues including stress, depression, suicidality
- Counselling for children and adolescents
- Couples/Relationship counselling

Among the clinical team at RISE Counselling and Psychotherapy are counselling professionals, who are upskilled, qualified and experienced in all of the above areas.

4. Group work deemed most important for the wider Wicklow community

- Parent/Teen Psychoeducation and Support
- Men's Mental Health Group
- Suicide Awareness and Prevention seminars
- Mindfulness, Stress Management and coping skills

All of the above groups/workshops are in development and will be rolled out in late Spring/early Summer 2018

**If you would like to view the complete research results, please email:
info@risecounselling.ie**