



Counselling services
for RICS professionals
and their families

Sometimes, the right support at the right time can help stop a challenge from becoming a crisis. At LlonHeart, we believe no-one should face a problem alone. That's why we offer free professional counselling to RICS members and their families when they need it.

Finding the support you need at a difficult time can be a daunting prospect, and we know that waiting for that help can cause problems to escalate. But we're very proud to offer people fast access to the help they need.

Our counselling service has become one of our most sought-after types of support, now requested by around a third of all the people we help. Our qualified counsellors are highly experienced and adhere to the very highest of professional standards.

Counselling is offered by our own staff team to RICS professionals based in the UK and Ireland. But we are also able to offer access to vetted, accredited counsellors in almost 100 countries worldwide using our trusted partners.

People ask for counselling for all sorts of reasons, including loss, families and relationship issues, and stress, anxiety or depression.



Stress, Anxiety and Depression

Bereavement, divorce, illness, redundancy or a lengthy period of stress can all play a major part in the onset of depression.

Many GPs suggest talking therapies or counselling to help, sometimes in conjunction with anti-depressants. You might find the idea of seeing a counsellor frightening, however a great many people find it very helpful to explore how they feel in a safe and non-judgemental environment, and work out coping strategies.

Loss

No-one goes through life without losing something precious to them: it might be the death of someone close, but also experiencing the loss of a relationship, your job, your health, or having children or dear friends move away.

Loss can cause feelings of numbness, anger, denial or depression, and make you feel that it's impossible to carry on. It might affect your sleep, the way you interact with people, or do your job.

A trained counsellor can help you make sense of what you're feeling and find a way to move forward.



I've gone from feeling constantly on the edge of an abyss to being grounded with a plan.



Youth counselling

More than one in 10 school children are thought to have a diagnosable mental health problem yet three-quarters of them never get the help they need. Having a young person who is struggling can place the whole family under great strain. We now offer counselling to young people aged 12-18 (UK only) through an innovative partnership with expert providers.



Families

During our lifetime, there will be many transitions which change our family relationships: getting older, having children, children growing up, or elderly parents needing care.

The stresses and strains of modern life also mean that family relationships may be more complex than ever before.

Counselling can help you acknowledge the positive aspects of relationships and strengthen them. It can also help you look at what you want from your relationships, and how you might move through the many transitions of life.



Relationships

Relationships can be complicated, and some are lost, changed or damaged as lives evolve. If you're experiencing problems with your partner or a family member, or even with a work colleague, it can cast a shadow over everything. Counselling does not change a situation, but it does offer time and space to reflect and identify what you need or want to change, including how to communicate more effectively.

Open and honest conversation with someone who is not a family member or friend can be liberating.



Counselling has enabled me to look at my life in a different way - I now see things with more clarity and reasoning.



**I'm interested in counselling.
What now?**

You can find out more about our counselling service on our website, or why not give us a call and have a chat in confidence to see if we might be able to help?

www.lionheart.org.uk

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