

# The aims of counselling

The aims of Counselling may vary according to you and your particular needs, but you and your Counsellor together may try to:

- Look at your drinking, perhaps over several weeks, and gradually understand more about it and how it affects your life.
- Look at other areas of your life, for example relationships at work and at home, and understand how they relate to your drinking.
- Think about, plan and carry out changes you might need to make in your drinking and/or other areas of your life.
- Help you feel more in control of your life.
- Learn more about alcohol generally, and other services you might use for further help and support.

## Our service is:

- Entirely free.
- Strictly confidential.
- For people of all ages.
- Available to relatives and friends as well as to drinkers themselves.

## Our service includes:

- Information, advice and confidential Counselling.

Our office is open  
09.30 a.m. - 5.00 p.m., Monday to Friday  
Appointments are available during the  
daytime and evening



British Association for  
Counselling & Psychotherapy

"As an Organisational Member of BACP we are bound by its Ethical Framework for Good Practice in Counselling and Psychotherapy, the Ethical Guidelines for Researching Counselling and Psychotherapy, and subject to the Professional Conduct Procedure for the time being in force."



## Is alcohol a problem for you?

Contact:

### Orkney Alcohol Counselling & Advisory Service

6 BRIDGE STREET WYND, KIRKWALL  
Tel: 01856 874738  
Fax: 01856 871011  
E-Mail: [enquiries@oacas.org.uk](mailto:enquiries@oacas.org.uk)  
[www.oacas.org.uk](http://www.oacas.org.uk)

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We Can Help

## Who can we help?

The service is designed to offer:

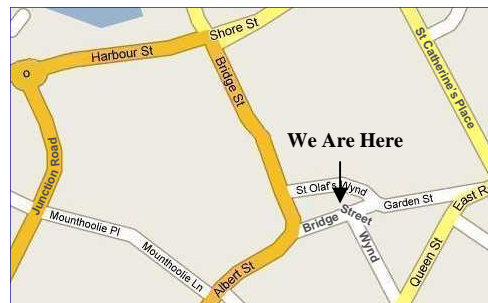
- Individual Counselling and/or support.
- Counselling to problem drinkers, their families and friends.
- Advice and information to anyone who wants to know more about the effects of alcohol and/or alcohol misuse.



## How can we help?

Orkney Alcohol Counselling and Advisory Service has a team of fully trained and experienced Counsellors. We offer individual Counselling on a regular and continuing basis. You will see an individual Counsellor who will help you to understand your drinking, and assist you to make such changes in your life as, together, you may think necessary.

The service is free, and confidential between you and your Counsellor. Counselling sessions are generally held at our office in Kirkwall, but clients may be seen by arrangement in Stromness, Sanday and Westray.



## What is counselling?

Counselling is a gradual process which can help you understand your drinking. Generally speaking, Counselling in the long term will enable you to feel more in control of your life, to effect any changes necessary, and to cope with any problems you may meet. Counsellors are not judgemental - their skills are based on helping clients to help themselves.

## Help for relatives and friends

Alcohol misuse can cause pain and distress to relatives and friends. An important part of the service we provide is to offer Counselling and support to the drinker's family and/or friends. This can range from simple advice/information to long-term weekly Counselling. Again, the service is entirely free and confidential.