epilepsy action Cymru

talk and support

Talk and Support counselling service – Wales

Adults affected by epilepsy and their carers can experience difficult times in their lives. Talking to someone you trust can make a real difference.

Our Talk and Support counselling service offers support through:

- One-to-one online or telephone counselling
- One off single session therapy sessions to discuss a specific issue
- Online therapeutic support groups

Our professional counselling service is available to adults:

- Over 18 years
- Living in Wales
- Affected by epilepsy, caring for someone affected by epilepsy or the parent of someone affected by epilepsy

The service is confidential and free.

02890 184 015 **counselling@epilepsy.org.uk**

Epilepsy Action Helpline:
freephone 0808 800 5050
text 07479 638 071
email helpline@epilepsy.org.uk
epilepsy.org.uk

CRONFA GYMUNEDOL COMMUNITY FUND

Registered charity in England and Wales (No. 234343)

© Copyright Epilepsy Action 2023

epilepsy action Cymru

siarad a chefnogi

Gwasanaeth Cwnsela – Cymru

Gall oedolion sy'n cael eu heffeithio gan epilepsi a'u gofalwyr brofi cyfnodau anodd yn eu bywydau. Gall siarad â rhywun rydych chi'n ymddiried ynddyn nhw wneud gwahaniaeth go iawn.

Mae ein gwasanaeth cwnsela Siarad a Chefnogi yn cynnig cymorth drwy:

- Gwnsela un-i-un ar-lein neu dros y ffôn
- Sesiynau therapi unigol untro i drafod mater penodol
- Grwpiau cymorth therapiwtig ar-lein

Mae ein gwasanaeth cwnsela proffesiynol ar gael i oedolion:

- Dros 18 mlwydd oed
- Sydd yn byw yng Cymru
- Yr effeithir arnynt gan epilepsi, yn gofalu am rywun yr effeithir arno gan epilepsi neu'n rhiant i rywun yr effeithir arno gan epilepsi

Mae'r gwasanaeth yn gyfrinachol ac yn rhad ac am ddim.

02890 184 015 **counselling@epilepsy.org.uk**

Llinell Gymorth Epilepsy Action:
rhadffôn 0808 800 5050
testun 07479 638 071
e-bost helpline@epilepsy.org.uk
epilepsy.org.uk

CRONFA GYMUNEDOL COMMUNITY FUND

Elusen gofrestredig yng Nghymru a Lloegr (Rhif 234343)

© Hawlfraint Epilepsy Action 2023