



Counselling services

for persons with Hepatitis C



What is counselling?

Counselling is about helping you to find creative responses to your present difficulties and needs.

It is about talking through your problems with someone who has been trained to listen and in this way to find ways of dealing with them for yourself

A counsellor will provide you with time, attention, respect and support as you discover your own resourcefulness.

A counsellor can help you uncover underlying issues that may be contributing to your current problems. In relation to depression and anxiety, for example, counselling could help you to explore the underlying factors causing these symptoms and in this way gradually help to relieve them.

Counselling can give you a deeper sense of who you are and what is healthy and whole for you.

Counsellors generally don't give advice, and they do not normally act on behalf of clients.

Unlike a friend or relative, a counsellor is a professional who is trained to listen in an accepting and non-judgemental way.

With a counsellor you can express your feelings openly and frankly without being afraid that s/he will become burdened by them. The counsellor is not there to make judgements but to help you with any issues you want to discuss.

In counselling you are the most important person and your feelings are the focus of the sessions. The counsellor is only there for you.

A counsellor guarantees confidentiality and privacy

Psychotherapy

Some people use the terms counselling and psychotherapy interchangeably.

Others, who distinguish between the two, see counselling as essentially about dealing with conscious issues and decision making in relation to specific difficulties and, at the other end of a continuum, they see psychotherapy as about bringing subconscious issues to awareness and dealing with the deeper historical influences that are shaping you.

Family Therapy

Illness affects every member in a family. If a family can talk about these things together a lot of problems can be prevented. A family therapist will work with the whole family, but can also be useful in relation to family problems even if all family members don't want to participate in the therapy.

What to expect when you go for counselling

When you go for counselling you should feel free to ask questions about the counsellor's professional background and approach. You might want to know what qualifications and experience the counsellor has, and what are the areas s/he specialises in.

It is perfectly acceptable to go to talk to a few people initially and to choose between them

The idea is to find a counsellor you feel comfortable with and who you feel has some understanding of you and your problems within a few sessions.

To be able to be open and trusting with the counsellor is central to the success of the counselling.

Before counselling commences the counsellor should clarify the terms on which the counselling is being offered.

These should include the level of availability of the counsellor, the degree of confidentiality offered, and expectations regarding cancelled appointments and the payment of fees.

Usually a counselling session lasts for one hour.

If you can't keep an appointment or want to stop attending the counselling sessions you should let the counsellor know.

You do not have to stay with someone who does not suit you.

The counsellor should be happy to refer you to someone else.

Sometimes the counsellor may refer you to a service more appropriate to your needs.

Who provides counselling?

The Irish Association for Counselling and Therapy provides a national Directory of accredited Counsellors and Therapists available for referral. It includes details of the counsellors' qualifications and areas of specialisation.

The Irish Council for Psychotherapy has a Register of accredited Psychotherapists which includes Family Therapists.

The Psychological Society of Ireland is the registration body for psychologists. Psychologists have a degree in psychology and training in practical psychology which includes some counselling skills. However, Counselling Psychologists will also have a diploma in counselling as well as a basic degree in psychology.

Psychiatrists are medical doctors who have become Consultants in the mental health field of medicine. They treat patients either with medicines and/or counselling skills.

Entitlement to counselling under the Health (Amendment) Act, 1996

Under the Health (Amendment) Act, 1996, each Health Board is required to make counselling services available, without charge, to persons who have contracted Hepatitis C directly or indirectly from blood or blood products. Partners and children of those who were infected can also avail of this service.

Counselling is also available to persons who received infected or potentially infected blood or blood products but who have tested negative for Hepatitis C.

Each Health Board has a list of Counsellors registered to provide counselling under the Health (Amendment) Act, 1996

The Health Board pays the counselling fees directly to the counsellors registered to provide this counselling service.

If you are attending, or wish to attend, a counsellor not on the Health Board list you will have to pay the counselling fee directly to the counsellor yourself.

The average fee is usually around €45 – €65 per session. In some cases you may be able to recoup these payments from the Health Board. You will need to discuss this with your Health Board Liaison Officer.

For Further Information

Useful addresses

1. Support groups

Positive Action

56, Fitzwilliam Square,
Dublin 2.

Tel: (01) 676 2853

Fax: (01) 662 0009

Positive Action provides information and support to women who have Hepatitis C from infected Anti-D products administered in Ireland, and to their families.

Transfusion Positive

162, Clonmacnoise Road,
Crumlin,
Dublin 12.

Tel: (01) 453 8427

Fax: (01) 453 8929

Transfusion Positive provides information and support to people who have Hepatitis C from a blood transfusion in Ireland, and to their families.

Irish Haemophilia Society

Block C,
Iceland House,
Arran Court,
Arran Quay,
Dublin 7.

Tel: (01) 872 4466

Fax. (01) 872 4494

E-mail: haemophiliasociety@eircom.net

Website: www.haemophilia-society.ie

The Irish Haemophilia society provides information and support and services to all people with bleeding disorders who have Hepatitis C, and to their families.

Irish Kidney Association

Renal Support Centre,
Beaumont Hospital,
Dublin 9.

Tel: (01) 668 9788

Fax: (01) 668 3820

Lo-call: 1890 45 65 56

E-mail: info@ika.ie

Website: www.ika.ie

The Irish Kidney Association provides information and support to people with kidney problems, including people who have Hepatitis C through dialysis or organ transplant, and to their families.

Hepcats

Tel: 087 791 7742

E-mail: hepcats_ireland@hotmail.com

Hepcats is a self-help group set up by and for people living with Hepatitis C.

Useful addresses

2. Specialist Centres

Beaumont Hospital

Hepatology Unit,
Beaumont Road,
Dublin 9.

Tel: (01) 809 2220 / (01) 809 3000

Fax: (01) 809 2219

Website: www.beaumont.ie

Mater Misericordiae Hospital

Hepatology Unit,

Eccles Street,
Dublin 7.

Tel: (01) 803 2048 / (01) 803 2000

Fax: (01) 803 4058

Website: www.mater.ie

St. James's Hospital

Hepatology Unit,
James's Street,
Dublin 8.

Tel: (01) 410 3417 / (01) 410 3000

Fax: (01) 410 3418

Website: www.stjames.ie

St. Vincent's University Hospital

Liver Unit,
Elm Park,
Dublin 4.

Tel: (01) 209 4248 / (01) 269 4533

Fax: (01) 283 7724

Website: www.st-vincent's.ie

Our Lady's Hospital for Sick Children

Hepatology Unit,
Crumlin,
Dublin 12.

Tel: (01) 409 6742 / (01) 409 6100

Fax: (01) 456 3033

Website: www.olhsc.ie

Cork University Hospital

Hepatology Unit,
Wilton,
Cork.

Tel: (021) 492 2274 / (021) 454 6400

Fax: (021) 493 6383

University College Hospital

Hepatology Unit,
Galway.

Tel: (091) 544370 / (091) 524222

Fax: (091) 520233

Website: www.grh.ie/uchg.htm

St. Luke's Hospital

Hepatology Unit,
Kilkenny.

Tel: (056) 85329 / (056) 85000

Fax: (056) 52232

Useful addresses

3. Liaison Officers

The liaison officers provide information and help to people who have Hepatitis C as a result of medical use of infected blood products.

Eastern Regional Health Authority

Regional Hepatitis C Liaison Officer,
Eastern Regional Health Authority,
Mill Lane,
Palmerstown,
Dublin 20.

Tel: (01) 620 1724/ (01) 6201600

Fax: (01) 620 1627

Midland Health Board

Primary Care Unit,
Midland Health Board,
Springfield,
Delvin Road,
Mullingar,
Co. Westmeath.

Tel: (044) 84444

Fax: (044) 84394

Mid-Western Health Board

Primary Care Unit,
Mid-Western Health Board,
5th Floor,
Bank House,
106/108 O'Connell Street,
Limerick.

Tel: (061) 412200

Fax: (061) 317407

North Eastern Health Board

Primary Care Unit,
North Eastern Health Board,
Railway Street,
Navan,
Co. Meath.

Tel: (046) 76400/(046) 76437

Fax: (046) 71052

North Western Health Board

Community Care Services,
North Western Health Board,
Manorhamilton,
Co. Leitrim.

Tel: (072) 20424

Fax: (072) 55627

South Eastern Health Board

Primary Care Unit,
Lacken,
Dublin Road,
Kilkenny.

Tel: (056) 84113

Fax: (056) 84391

Southern Health Board

Primary Care Unit,
Southern Health Board,
26/27, South Mall,
Cork.

Tel: (021) 492 1872/(021) 4921871

Fax: (021) 427 7293

Western Health Board

Community Services,
Western Health Board,
Merlin Park Regional Hospital,
Galway.

Tel: (091) 775416

Fax: (091) 752828

Northern Area Health Board

Primary Care Manager
Northern Area Health Board,
Swords Business Campus,
Balheary Road,
Swords,
Co. Dublin.

Tel: (01) 813 1865

Fax: (01) 890 8707

South Western Area Health Board

Primary Care Manager
South Western Area Health Board,
Leinster Mills,
Osberstown,
Naas,
Co. Kildare.

Tel: (045) 889100

Fax: (045) 875889

East Coast Area Health Board

Primary Care Manager
East Coast Area Health Board,
Southern Cross House,
Southern Cross Business Park,
Boghall Road,
Bray,
Co. Wicklow.

Tel: (01) 201 4200

Fax: (01) 201 4201



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