



Jakin Pregnancy Care and Counselling
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For those who have partners or family members undergoing long term counselling with us at Jakin;

It can be hard to know how to help or support your partner or family member as they experience counselling.

You may be unsure about counselling and what this actually means. At Jakin we offer a place where people can share honestly about experiences they have had and issues they are struggling with. We aim to be somewhere that people can safely express how they are feeling and work through the emotions they are experiencing.

There are many different types of counselling and ways that counsellors work. Our counselling service is person centred, which means we support people and help them to release and work through their own difficult emotions in a safe place, so that they can process, explore and work out ways of coping that are unique to them, in a real and unconditionally caring relationship.

As your partner or family member is undergoing counselling they may experience overwhelming emotions as they talk through their experiences and how they have been affected by them.

One way you can help them during this time is to allow them space, and to be there for them to talk to when you can. It can be upsetting to see someone you love going through a time of emotional turmoil and pain, but we would encourage you to let them cry and express their feelings if you can, as this will help them as they work through this process.

We aren't here to take your valuable place and our desire is for you and them to grow together as they heal from their experiences. Thank you so much for taking the time to read this letter. We believe your support is really important, as your loved one undergoes counselling with us.