

## Where does Counselling take place?

Counselling takes place at  
Herts Vision Loss  
A3, The Weltech Centre  
Ridgeway  
Welwyn Garden City  
AL7 2AA

## How do I make an appointment?

You can make an appointment with one of our  
Counsellors by phone or email, both, are  
confidential.



[Earsforeyes@hertsvisionloss.org.uk](mailto:Earsforeyes@hertsvisionloss.org.uk)



**07464 548618 or 01707 324680**

Vanessa Browell  
Counsellor



# Herts Vision Loss EARS FOR EYES

## COUNSELLING SERVICE

Confused?

Don't know which way to turn?



**It helps to talk, especially when you are  
listened to!**

Having a visual impairment can be difficult to come to terms with. You may experience a range of emotions including shock, denial, anger and a sense of loss. It may take you some time to accept your condition.

The emotional impact can be overwhelming for some. At these times it helps to talk to a counsellor who understands the challenges of living with sight loss.

If you are losing or have lost your sight, are caring for someone with sight loss or are a parent or guardian then please do get in touch.



## Privacy Statement

Our privacy policy is available on our website, [www.hertsvisionloss.org.uk](http://www.hertsvisionloss.org.uk). If you require a hard copy version. Please let us know.

## Is something worrying you?

Talk to someone who will listen! Someone who won't judge you or tell you what to do, but will give you space to explore and make sense of your thoughts and feelings.

## Is it confidential?

The counsellor works in strict confidence and will not talk to anyone without your permission, unless you are in danger.

## Why counselling?

To give you an opportunity to explore, talk and find ways of doing things differently, towards a greater wellbeing.

## Do I have to pay for my counselling?

Counselling is often expensive. We recognise that finances may be challenging. As such we ask for a small £10 donation for each session. If you are concerned about this then do contact us.