



When to Seek Help

The Ely Centre provides support for individuals experiencing a wide range of psychological problems which have been caused or magnified as a result of The Troubles.

The Ely Centre Clinical Team are highly trained to intervene or provide support for a countless number of issues, far too many to list in any comprehensive way.

Whilst Therapy can be helpful in numerous situations, there are some conditions in which we would strongly encourage you to seek our support, such as:

- Depression
- Complex PTSD
- PTSD
- Stress
- Loss/ Bereavement & Grief
- General Anxiety Disorders
- Addiction
- Eating Disorders
- Obesity / Compulsive Overeating
- Family and Relationship Difficulties
- Interpersonal Problems
- Diversity related issues - Gender / Sexuality / Culture / Race / Religion

It is important to know that although the service is being developed to specifically meet the needs of individuals in Northern Ireland affected in any way by the troubles, it does not necessarily have to be a particular “troubles” issue you may want to address.

Although you may have been affected by the troubles this does not mean that this is the only thing that therapy is there for. It may be that you want to come and talk about something that is or appears separate in some way from your experience of the troubles, such as, relationship difficulties, any losses whether that is health, physical or psychological, of those we love or of something we have hoped and dreamt of.

Furthermore, it is important that you do not feel that somehow your experiences are less or “not as serious” as other peoples and therefore feel like you for one reason or another you should not access or indeed need help with your psychological wellbeing.

Who can benefit from Talking Therapy?

Just about anyone can benefit from Talking Therapy. No problem is too big or small. Listed below and overleaf are just a few examples of some common concerns which bring individuals to the Ely Centre:

- Symptoms of stress, anxiety, and depression

- Troubles related Trauma and Suffering as a result of Security of Military Service
- Life adjustment issues such as Unemployment / Retirement.
- Interpersonal difficulties, including, family problems, relationship concerns, problems with assertiveness, and other issues
- Bereavement and grief related to the loss of a loved one (such as relationship breakups, deaths, parental divorce, or other major losses)
- Complex PTSD and Post-Traumatic Stress Disorder
- Questions/confusion about identity, self-image, sexuality, gender, or religious concerns
- Concerns about body image, food, eating, or weight, as well as treatment for eating disorders
- Experience with sexual assault, relationship violence, stalking, abuse, or other trauma
- Thoughts of suicide, death, or hurting others
- Behaviours that can be harmful to you, like drug or alcohol abuse.

Referral to the Service is confidential and simple. Please contact one of our centres to speak to a member of our Clinical Team or a Health and Well Being Case Officer, alternatively please complete the online referral form on our website www.elycentre.com or email counselling@elycentre.co.uk