



WELCOME TO TÛ ELIS

**CONFIDENTIAL & FREE COUNSELLING
SUPPORT SERVICE
FOR PEOPLE INVOLVED IN THE SWANSEA BAY REVIEW**

**PLEASE CONTACT:
TY ELIS COUNSELLING SERVICES
01656 786486
OFFICE@TYELIS.ORG.UK**

Who we are and what we do?

We have highly qualified and specialist counsellors who can support those who have experienced bereavement, loss, anxiety, depression and other significant life events .

Ty Elis Counselling Services is a charity established for over 30 years, providing free and confidential counselling to adults (18years+).



What are we offering?

We have been asked by Swansea Bay University Health Board to provide support to those adult family members (18 years+) who may be affected by their Independent Review of Maternity and Neonatal Services.

We can offer people up to 10 free one-to-one counselling sessions each, either at our premises in Porthcawl (see pictures), on the telephone or online (Zoom/Teams).

These sessions are independent of the Health Board and will be confidential to whomever accesses our counselling.

How to access our support?

You may have been given this leaflet by someone from Llais or the Health Board but to access our support please contact us directly on **01656 786 486** or email via office@tyelis.org.uk stating that you are from the Swansea Bay Review and that you would like to receive counselling from us.



What happens next?

When you contact us we will ask for your details (name, address, etc.) and how you would prefer to have your counselling: in-person (Porthcawl) on the telephone or online (Zoom/Teams).

Our trained and experienced staff will then process your referral and you will be allocated an experienced and qualified counsellor who will contact you to arrange counselling appointments as soon as possible.

We aim to provide this support to you as soon as we can.



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