

You will also have the opportunity of learning more about your relative's problems and ways in which you can contribute to her/his good health.

For example, you may be able to help him/her practice the exercises that the counsellor advises or help him / her think of other possible solutions to problems that are contributing to his or her stress situation.



So we hope that you will be able to accompany your relative to these counselling sessions, and your relative's counsellor looks forward to meeting you.



WHOM CAN YOU CONTACT FOR MORE INFORMATION?

Please Contact
the Counsellor

or

the Doctor

in this Primary Health Centre



When
your close
family
member
has a
stress
related
problem,



how can you help?



We are screening everyone who comes to the Primary Health Clinic for some common stress and tension - related problems, and we have found that your relative is suffering from one of these problems.

Common signs of stress and tension - related problems are that the person:



- has been experiencing tension in his/her life
- does not enjoy life as much as he/she used to
- often feels tired and exhausted
- has been feeling sad a lot (or maybe losing his/her temper often)
- has difficulty sleeping
- has had changes in his/her appetite
- has difficulty in concentrating on things

The information in this pamphlet will help you to:

- ✓ understand the nature of this stress related problem
- ✓ learn how counselling being offered at the PHC can help your relative
- ✓ understand your role in counselling
- ✓ learn whom you can contact for more information



WHAT IS THE HEALTH PROBLEM AFFECTING YOUR RELATIVE?

Stressful life events can make us feel sad, irritable and lose interest in activities. Such events can also lead to physical complaints like aches and pains, tiredness, poor sleep and appetite. In your relative, these symptoms have persisted for several weeks and they are affecting his/her daily functioning. This is why we say that your relative is suffering from a health condition which is related to stress and tension.

WHAT IS COUNSELLING AND HOW WILL IT HELP YOUR RELATIVE?

Counselling is a treatment which is useful in recovering from this health condition. The treatment is provided by a trained counsellor in the PHC, and will not cost anything. The counsellor will work with your relative to understand her/his problems better and identify possible solutions and methods to cope with these problems. In this way, his/her symptoms will gradually disappear and he/she will return to good health.

Counselling is delivered over 6 to 8 sessions spread over 2 to 3 months. Each session will last between 30-40 minutes. Ideally, these sessions are done at home, but if this is not convenient, they can also be done in the clinic or over the telephone.



WHAT WILL YOUR ROLE BE?

It greatly helps people with stress and tension - related problems if a close family member is involved in their treatment.

You can participate in many ways:

- You can encourage your relative to attend the counselling sessions
- You can accompany him/her for the sessions
- You share any concerns you may have about your relative's health with the counsellor

