

# Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



## Illness:

Dealing with an illness can be a really hard thing to go through, whether it is a family member/friend who is ill, or yourself.

Common feelings can include:

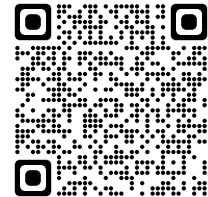
- Anger or frustration, wondering why it must happen to you, or your loved one
- Denial, refusing to accept or believe that it is happening
- Feeling helpless or powerless to do anything
- Anxiety about the future and what might happen
- Feeling like you're 'different' from other people or they don't understand
- Stress at being a carer

## If you are struggling with your health:

- **talk about how you feel** with family, friends or an Eye to Eye counsellor- this can help to relieve some of the stress
- allow yourself to **feel what you feel**
- **look after yourself** by maintaining a healthy diet and good sleep pattern
- illness is uncontrollable, so focus on the things that **you can control** right now
- **make time** for stress-relieving hobbies, or things that you enjoy doing
- consider **peer-support** via groups/online support for people going through the same thing as you

## If someone else is ill:

- **reach out for support** to someone you trust, or an Eye to Eye counsellor- this can help
- **support them** however much you are able to- even the 'little things' can make a huge difference to someone
- knowledge is power- it can sometimes help to ease worries by **understanding** their illness, so you might find it useful to read up online or attend medical appointments with them
- understand that some people may find it difficult to talk about their illness so let them know you'll be there for them **if they choose** to talk
- try to keep your relationship as **normal** as possible
- understand that **it's okay** if you don't know what to say to them- sometimes just a hug can say it all
- be gentle on yourself and look after **your own wellbeing**- self-care, relaxation and hobbies are important to maintain



[www.eyetoeye.wales](http://www.eyetoeye.wales)

### Useful Contacts

**Eye to Eye Counselling Service:**  
01443 202940  
Email: [info@eyetoeye.wales](mailto:info@eyetoeye.wales)

### Macmillan Cancer Support

0808 808 00 00

[Diagnosed at a young age forum](http://Diagnosed.at.a.young.age.forum)

[www.macmillan.org.uk](http://www.macmillan.org.uk)

### Childline

0800 111

[www.childline.org](http://www.childline.org) (online chat)

### Helpful Resources

[Young Minds \(Blog\): My experience with chronic illness and mental health](#)

[Macmillan: Teenagers and young people](#)

[Young Lives vs Cancer: Information and support](#)

[Barnardo's: Young Carers](#)



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