

Is it confidential?

The counselling service provided by The Rainbow Project is strictly confidential and our counsellors work to IACP/BACP standards and practice, including ethical guidelines covering confidentiality.

Nothing will be divulged to anyone outside the organisation. There are, however, exceptions to this. In very rare circumstances, we may have to disclose information if you, or another person, were at serious risk of harm, or if the counsellor is subpoenaed or summoned as a witness in a Court of Law. Your counsellor will make every effort to inform you and obtain your permission before disclosing such information. You will, however, always be informed if your confidentiality has been broken & the reason for doing this.

How do I make an appointment?

To make an appointment, please contact Terry Sergeant at our Belfast office. **You will be offered an initial one hour session free of charge to enable you to find out more about our counselling service.**



The Rainbow Project (Belfast)

2-8 Commercial Court
Belfast BT1 2NB

Tel: (028) 9031 9030
Fax: (028) 9031 9031

The Rainbow Project (Foyle)

12a Queen Street
L'Derry BT48 7EG

Tel: (028) 7128 3030
Fax: (028) 7128 3060



- Coming out
- Homophobia
- Self-harm
- Depression
- Feeling Suicidal
- Relationship problems
- Loneliness
- Addictions
- Bereavement
- Sexual Abuse



COUNSELLING

FOR GAY & BISEXUAL MEN

Who we are

The Rainbow Project is an organisation that works to promote the physical, mental and emotional health of gay & bisexual men in Northern Ireland. We are the only health organisation specifically for gay and bisexual men and house the only gay-male-specific counselling and support service available in Northern Ireland.

What is counselling?

Counselling is a specialised form of therapeutic support which can provide an opportunity for you to become more empowered to live your life in a more satisfying and resourceful way. Counselling at The Rainbow Project will help you to explore your situation, express your feelings, empower you to take action and help you to evolve and make positive changes to your life. Counselling will support you to cope with whatever issues are causing you distress and disrupting your life.

Who is it for?

The Rainbow Project provides counselling for gay & bisexual men, or men who identify as being non-heterosexual.

The reasons why people come to counselling are as varied as people themselves. It might be to talk about current distressing experiences or situations such as bereavement, relationship difficulties, separation or other life transitions. Or, it could be an issue from the past, such as in childhood.

Many people are attracted to counselling as an opportunity to undertake personal development in a safe, supportive and non-judgemental way – to explore a general feeling that their lives are not quite right or to create meaning in their lives. **It is not at all necessary to have a “problem” to find counselling useful.**

Counselling at The Rainbow Project

We provide a professional, confidential counselling service throughout Northern Ireland and adopt a gay-affirmative psychotherapeutic approach to our work, i.e. we affirm a gay or bisexual identity as an equally positive human experience and expression to heterosexual identity. We provide face-to-face counselling, couple counselling and group therapy.

We promote anti-discriminatory practice by providing services to gay and bisexual men regardless of differences such as ethnicity, age, political opinion, religious background, disability status, partner status, cultural background or HIV status.

Who are the counsellors?

Your counsellor will be a gay or bisexual man who holds professional qualifications in counselling and has several years experience of working with gay and bisexual men. They are members of the Irish/British Association for Counselling and Psychotherapy (IACP/BACP) and adhere to their Ethical Framework for Good Practice in Counselling and Psychotherapy.

An integrative approach is used in the counselling service offered. This incorporates humanistic, psychodynamic and cognitive-behavioural therapies. The Rainbow Project’s counsellors attend regular independent supervision and undertake on-going training.

How much does it cost?

Counselling is free to anyone under the age of 18 years. However, as a charity, we rely on donations to be able to provide our services, and as such have a policy of charging or seeking a donation from adults for counselling sessions.

The amount you pay depends on how much you earn (see below). **However, if you are unable to pay for counselling, we will still be able to offer you counselling at The Rainbow Project.**

Weekly Income	Fee	Weekly Income	Fee
£0.00 - £65.00	£2	£201.00 - £250.00	£15
£66.00 - £100.00	£5	£251.00 - £300.00	£20
£101.00 - £150.00	£7	£301.00 - £350.00	£25
£151.00 - £200.00	£10	£350.00 plus	£30