COUNSELING SERVICES

Supportive & Palliative Care

Supportive and palliative care (SPC) is a type of medical specialty that supports people living with a serious illness. In addition to physical symptoms, people with a serious illness may have emotional, social, spiritual, and financial worries. Sometimes these worries can feel overwhelming and impact a person's ability to enjoy each day. If you have any of these issues, the Central Health SPC counselors are here to help.

Understanding counseling

Counseling is when a person meets with a licensed mental health professional, called a counselor. Counselors help their clients better understand their concerns and learn new skills to help improve their life.

Other reasons people see SPC counselors

- Learning ways to handle their illness and changes in daily life.
- Getting help supporting and talking to family members about their illness.
- Dealing with anxiety and sadness about their illness.
- Trying to improve their relationships with family and friends.
- For people in later stages of their illness, handling worries about dying or leaving their family.

What to expect in SPC counseling

- Most visits last one hour. Your first visit may take longer so your counselor can get to know you and your goals. Sharing personal details can be tough, but you decide what to share. It is important to feel safe as you work together.
- You and your counselor will work together to identify your counseling goals and the steps you will take to reach them. These goals and steps will be part of your care plan.
- Instead of telling you what to do, your counselor will help you understand your situation so you can make changes to improve your life.
- Counselors must keep most information you share with them private, except if you or someone else is at risk of immediate harm. The Counseling Services Informed Consent form provides more details. Ask your counselor if you have any questions.
- Counseling services can be done virtually or in person.

How long counseling lasts

Central Health SPC counseling services are based on the needs of each person and typically last up to one year.

Dial 988 for 24/7 crisis support if you are having a mental health or substance use crisis.