

Pesach 2012

How many times have you seen children playing happily, seemingly carefree? And how often have you thought how great it would be if life could always be like that? Conversely, how do you feel when you see children crying? Do you want to comfort and help them?

To take this a stage further, how often have you seen adults looking happy, seemingly carefree and you think that life must be good for them? And how do you feel if you see adults crying? Do you want to comfort them or do you feel unable to, because you are unsure how they will respond?

Adults, unlike children, are good at masking their real feelings, at pretending that all is well. They often don't want to let anyone know that they are experiencing difficulties, maybe because they don't want to trouble anyone or don't want to put anyone in the difficult position of having to respond to their situation.

So how can these adults be helped?

Raphael – The Jewish Counselling Service is always there to help. Skilled, professional counsellors offer a safe, confidential space for individuals and couples in which thoughts and feelings can be discussed; no-one is turned away for financial reasons.

So if you, or someone you know, might benefit from Raphael's services phone 0800 234 6236 - a trained counsellor will respond to your message, usually within 24 hours. Alternatively send an email to info@raphaeljewishcounseling.org or make contact via the website www.raphaeljewishcounseling.org.

Take the next step ...