




**Vision Ireland**  
the new name for **NCBI**

**Counselling, Wellbeing  
and Emotional Support**





Vision Ireland provides a wide range of diverse programmes and services.

These are all designed to enable, empower and support you to live your life confidently and independently.

Alongside the various supports relating to practical and technical assistance, we recognise the importance of the role of mental and emotional health in everyday living. The concept of “emotional support” can mean different things to different people. Therefore we aim to provide access to a variety of services. These range from individual counselling, a befriending service and a variety of peer groups and activities and opportunities for further learning and development in the area of emotional wellbeing.



## Counselling and Emotional Support


Adjusting and adapting your life as your vision deteriorates is difficult. Each individual's journey with sight loss is different and Vision Ireland is here to offer personalised emotional support to help you through the more difficult times.

We are here to support, listen, provide information, and help you to explore your emotions in a confidential, non-judgemental environment.



## Counselling

Through our counselling service, we can address issues such as your reaction to your diagnosis, fears you may have if your sight is deteriorating, the future,




change in your sense of identity, relationship difficulties and employment or education issues. Our counsellor will work with you collaboratively by offering a supportive and non-judgemental environment in which to explore these issues.

Our service is currently delivered over the telephone. This allows you to speak to a professional from the comfort of your own home, without the need for travel and providing access to the service regardless of your location.



## Connection Network

Vision Ireland's Connection Network Programme is a free, confidential, befriending support for our service users who are



feeling isolated or lonely or are in need of regular engagement with someone to chat with. Vision Ireland connects service users with volunteers for regular phone conversations in a bid to build friendships in difficult times.



## Peer Groups

Vision Ireland has a number of different opportunities for individuals to engage with each other. These can vary from casual chat groups to those with a focus on providing opportunities to share difficulties and assist each other with finding solutions to a variety of everyday issues. In addition, we can assist in sourcing alternative supports which may exist through other organisations or charities.



## How to seek Emotional Support

We understand that the type of emotional support required is highly personal and there are often specific topics to consider. Your community resource worker has been trained in delivering emotional support or you can ask about a referral to counselling or our Connection Network. This will involve being linked in with a member of our Emotional Support Team where you will have the initial opportunity to confidentially discuss your needs, challenges and the best options for moving forward. This also gives you a chance to ask any questions you may have.

Simply contact your community resource worker or call 1800 911 250.



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To learn more about Vision Ireland's  
Counselling, Wellbeing and Emotional  
Support Service, call 1800 911 250 or visit  
[www.VisionIreland.ie](http://www.VisionIreland.ie).

VI Group: CRO No 26293, CHY 20902

VI Services: CRO No 527862, CHY 4626

VI Retail: CRO No 527863, CHY 20619

VI Charitable Foundation: CRO No 527864, CHY  
12673

Vision Sports Ireland: CRO No 141882, CHY 10793

