Counselling for Individuals and Couples 18+

TSA is pleased to be working in partnership with Rareminds www.rareminds.org to offer **Free, Confidential Counselling** for those impacted by a CACNA1C-Related Disorder, including Timothy Syndrome and LongQT8.*

Up to 8 Online sessions can be accessed either via Zoom, or by telephone. Both evening and daytime appointments are available.

The TSA Lead Counsellor is **Rebecca Hargreaves**. Rebecca is a trained and experienced psychotherapist who has undertaken additional training in Counselling for Rare Diseases.



Rebecca Hargreaves MBACP (Accred.)
is an Adult and Young Peoples Counsellor with a particular interest in the psychological impact of health conditions on the family as a whole. She originally worked as a Nurse for over 20 years including in hospices, and is the former Lead for a large schools counselling service. As well as being a counsellor for TSA, she works as a counsellor with several other rare disease patient organisations.

As living with the impact of CACNA1C occurs within the context of your everyday life, it's inevitable that the 'ups and downs' of both impacts each other. You can talk to our counsellors about anything that you are struggling with and that may be impacting your ability to live as well as possible with the impact of CACNA1C.

This might include:
- Your relationships
- Feeling anxious or low
- Juggling the demands of work, family and personal life
- Your relationship with health care professionals, or navigating systems
- Dealing with difficult, unpredictable or increasing symptoms
- Having to be the 'CACNA1C expert'
- Coping with unpleasant tests or treatments
- Worries about the future
- The psychological and practical implications of inheritance

It's also not always straightforward to know why you might feel as you do, and talking things through with a trained counsellor can be very helpful. TSA Counsellors provide a safe, confidential relationship to work through difficult thoughts or feelings, and explore new ways of approaching your difficulties.

If you would like to arrange an Initial Consultation, please contact Lead Counsellor (Rebecca) on rebecca@rareminds.org marking your email 'TSA enquiry'.

*Available for English speakers in the UK and Europe. Some regional exemptions may apply. Please contact the Lead Counsellor for more info