



Quality Counselling Services

- Therapists are highly qualified professionals registered with their professional association. They are recognized for their excellence as clinical therapists and workshop leaders.
- Appointments at a mutually acceptable time and place are required for all counselling sessions. Counsellors travel to areas of the province as required. Locations include Sydney, Yarmouth, Amherst, Port Hawkesbury, Bridgewater, New Minas, Truro, and Halifax.

A NSTU Members' Program

- Provided to members at no additional charge, the program is voluntary and strictly confidential.
- Any release of information is at the client's request and with their signed consent.

Your program – when and if you need it

The Nova Scotia Teachers Union provides these Counselling Services to strengthen and support the quality of personal and professional life for members, their partners, and dependents throughout all districts in Nova Scotia.

If you know someone who needs assistance, please give them this brochure.



NOVA SCOTIA TEACHERS UNION

3106 Joseph Howe Drive
Halifax, NS B3L 4L7

Tel: (902) 477-5621

Toll Free: 1-800-565-6788

Fax: (902) 477-3517

Website: www.nstu.ca

E-mail: counselling@nstu.ca

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Counselling Services

For Members, their Partners and Dependents



**Nova Scotia
Teachers Union**

Purposes

- To provide professional short-term counselling services to members, their partners and dependents
- To provide workshops to stimulate members to increase their level of wellness
- To provide help and intervention at an early stage of difficulty

Services

- Individual, couple and family counselling
- Staff workshops on teacher wellness and balancing home and career
- Interventions for school conflict and crises, as requested by administrator
- Upon client's request, referral services to other counselling agencies dealing with alcohol, drug, or financial concerns
- For long-term counselling, after assessment, members are referred to an appropriate community-based professional

How to access these services

Between 8:30 am and 4:30 pm call Counselling Services at NSTU toll-free at 1-800-565-6788, or in the Halifax area, call 477-5621. Services in French are available for francophone members upon request.

When to Use These Services

- If you are having difficulty coping with stress
- If you are facing personal, couple or family problems
- If you are experiencing emotional turmoil from work or other situations
- If you want to make changes in how you relate to others
- If you are wanting to make changes in your energy and enthusiasm for your professional direction
- If you are experiencing difficulty with the pressure and uncertainty of illness or disabling conditions
- If you are experiencing problems from alcohol or drug use, compulsive disorders, anxiety or depression
- If you are struggling with the process of grief and mourning
- If you require confidential consultation for intervening with care and concern

NSTU Counsellors



Sandra Murray, B.Ed, MACP, RCT
Therapist/Consultant



Brian Roberts, MSW, RSW
Therapist/Consultant

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