



How much do we really know about other people? What can we tell from our initial perception of them?

When you are out in your car or going shopping are you aware of the people around you? Who do you see? What are they doing? You might well think that they, like you, are getting on with their daily lives. But are they?

If you notice someone with an arm in plaster, it will register that they have a problem, albeit probably transient, and it will eventually get better. The vital difference between such a person and someone who is experiencing an emotional crisis is that such a crisis is rarely visible, is longer lasting and will take time to resolve, if ever.

So what about those people whose problems can't be seen - those who are dealing with a bereavement or break up in a relationship; those who lack confidence or self esteem; those who may be suffering from depression or anxiety and who are struggling to cope on a daily basis. It might be the man next to you in a queue, or the lady serving you in a shop. Or even the person sitting near you in synagogue this Rosh Hashanah. How can they begin to heal?

For those who want to discuss their hidden problems, Raphael is there. At Raphael confidential support is available from a highly professional team of counsellors. Whatever the problems or financial circumstances, no-one will be turned away.

Roberta Coffey - Chairman

Raphael – The Jewish Counselling Service
0800 234 6236
info@raphaeljewishcounselling.org
www.raphaeljewishcounselling.org