

Aurora Counselling

Aim of organisation:

Aurora Counselling was established in 1994 to provide community based therapeutic services to help individuals address mental and emotional health difficulties. Since its inception Aurora has grown to offer a range of talking therapies and wellbeing services to adults, teenagers and children. It operates with a three pronged approach : Mental Health Promotion/ Early Intervention : Intervention : Ongoing Self Care. Aurora Counselling delivers services to individuals living across Derry City and also within rural areas in partnership with GP practices and delivers schools based counselling to 14 primary and post primary schools across the City.



Social Challenge:

Aurora wishes to address the rising rates of poor mental health amongst children. We aim to reduce the amount of children languishing on waiting lists within both the statutory and voluntary sector, We believe time on waiting lists leads to exacerbation of symptoms which has a significant knock on impact on children's ability to learn and their interpersonal relationships and significantly increases the likelihood of long term mental health difficulties. It also leads to increased tensions at home and we know from our contact with parents that they are struggling. Parents are frustrated ,anxious and often feel powerless to help. Aurora Counselling aims to support this social challenge by providing a range of our services through an online, parent-directed platform offered to them during this 'waiting' period.

Techie Support Sought:

Seeking to develop a digital information and personalised support and coaching tool in therapeutic parenting techniques to equip parents in crisis with intervention skills, tools and strategies to support their child to cope with life as they await specialist support. The solution must balance the requirement of information exchange with the potential for human connection.

