

COUNSELLING UNIT

ONU CI

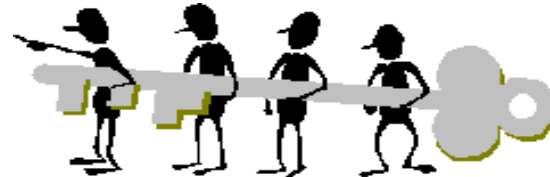


MANDATE

UN Counsellors

December 2000 – General Assembly resolution A/RES/55/175

To respond to psychosocial needs of UN staff and dependants through professional counselling, group sessions and training programs that aim to enhance the ability of UN staff members to better cope with their daily routines and the hardship they encounter in the field, especially in cases of emergency.



What kind of issues does counseling deal with ?

- Difficulties in personal relationships, emotional and adaptation difficulties



- Health concerns.

- Work related problems: burn-out, difficult relations with colleagues, work environment

- Personal development: communication skills, career related



- Specific events: separation, death of a relative, illness,

- Substance abuse

The main areas of work :

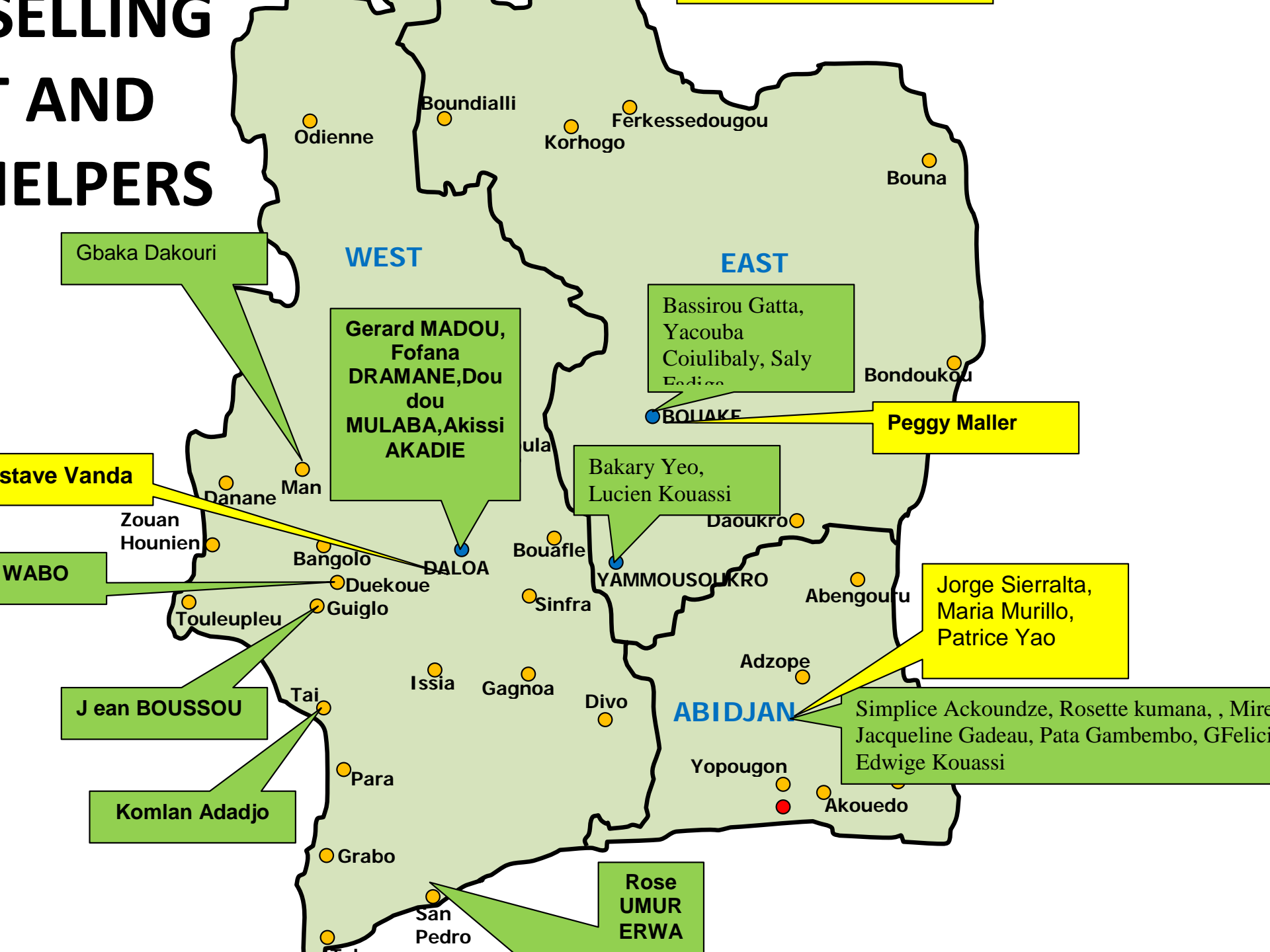
- Individual counselling
- Group sessions
- E-bulletins on psychosocial issues
- Training: Stress Management or other trainings.
- Managerial consultations
- Visit al level 3 hospitalized staff
- Crisis preparedness and crisis response
- Referral to other mental health services.

In accordance with the UN ethical standards, strict **confidentially** is maintained.

Incorrect perceptions on Counseling

- *Counseling is for REALLY sick people or psychotics.*
- *Counselling is only for people who have serious emotional or mental problems.*
- *It is for the weak persons unable to handle their emotional problems by themselves*
- *If you choose to seek professional help, you are considered mentally unhealthy.*

SELLING AND HELPERS



ONU CI Counselling Unit

Jorge Sierralta, Chief Staff Counsellor

Ext. 8014 (Abidjan) Office # 520

Mobile: 06721837

Email: sierralta@un.org

Maria Murillo, Staff Counsellor

Ext.: 8084 (Abidjan) Office # 522

Mobile: 05990145

Email : murillo@un.org



Patrice Yao, Staff Counsellor

Ext.: 8087 (Abidjan)

Mobile: 06721834

Email: yaoy@un.org

Peggy Maller, Staff Counsellor

Ext: 4304 (Sector East)

Mobile: 05990098

Email: maller@un.org

Gustave Vanda, Staff Counsellor

Ext.: 2042 (Sector West)

Mobile: 04229858

Email: vanda@un.org