Staff Counseling
Service
and Information

Peace; more than just an end to war

United Nations Office at
Nairobi

Staff Counselor's Office
The United Nations Office at Nairobi offers professional therapeutic counseling service to all members of staff of United Nations and their recognized dependents regardless of grade.

The service is offered by a qualified professional counseling psychologist, Peninah Irungu and aims at providing staff members with an opportunity to access quality professional therapeutic counseling service. In return this helps staff members and their dependents to better explore and develop their potentials and fulfill their personal and work related goals thereby improve their personal lives and work productivity.

The staff counseling service assists staff members to focus on and understand more clearly the issues that concern them. In respect for staff members’ values, choices, lifestyle, the staff counselor works together with staff members towards making choices or changes that are right for them.

In summary, counseling as is an intervention that has proved to help people to resolve problems, think afresh about their difficulties, make informed decisions, cope with crises, develop personal insight, work through difficult feelings or improve relationships with others, resolve or transform conflicts both at a personal and work related levels with support of a professional counselor.

**Counseling can address many issues such as:**

- Stress (Personal and Occupational related stress)
- Burnout and work life balance
- Crisis intervention
- Critical Incident Stress Management
- Post Traumatic Events Stress Counseling
- Mental health disturbance (ranging from mild to severe)
- Panic Attacks
- Generalized anxiety about work (success or failure)
- Depression
- Suicidal feelings, thoughts and ideation
- Bereavement, Grief and mourning
- Problematic work relationships
- Lack of self-confidence
- Low self – esteem
- Lack of sleep
- Anger
- Brooding over or preoccupation with problems
- Problem drinking and substance abuse
- Lack of motivation
• Difficult concentrating and focusing on work
• Sexuality and gender issues
• VCT (Pre and post - HIV test counseling)
• HIV / AIDS counseling
• Challenges in coping with terminal and chronic illnesses (e.g. cancer, diabetes mellitus, asthma, mental illness, hypertension etc)
• Readiness for field work and missions
• Preparing for retirement
• Parenting challenges
• Marital conflicts
• Separation, Divorce and re-marrying related issues
• Preparing to exit UN services following contract expiry

Note: The list given has not exhausted all challenges that are encountered by the UN staff members, however, using the contacts provided above, you can call the staff counselor and book an appointment with the counseling office for further consultations.

Other Services Offered by the Staff Counselor

• Organizing for mental health related workshops and lunch hour talks
• Providing groups and family counseling service
• Network with Ombudsman Office
• Offer counseling and provide support to staff members’ children with special developmental needs
• Liaise with managers, medical clinic and UN agencies in providing support to staff members with special needs
• Referrals to other professionals and institution when appropriate and necessary

CONFIDENTIALITY

Staff counseling service is provided on one – to – one basis, face – to – face format. The counselor will not inform a third party of any details related to your attendance at the counseling service.

Maintaining confidentiality is an integral part of counseling and an ethical obligation. Consent to disclose any information is sought from staff member if this becomes necessary. The oath of confidentiality is breached if and when it is believed that someone is at serious risk or when it is required by law.
Do you need counseling service and you do not know how to contact the counselor and when?

You may contact the counselor Monday to Friday as follows:

Monday: 11:00 - 4:00 PM

Tuesdays - Thursday: 8:30 - 4:00 PM

Fridays: 8:30 - 1:00 PM.

Contacts: Peninah M Irungu

Block G - 122; Ext: 24703 OR Tel No. +254 020 762 4703

E-mail: Peninah.Irungu@unon.org