



Providing counselling for the community

Are you finding
life difficult?

If so, we can help



Do you need help?

Sometimes life gets too much and you feel that you can't cope and don't know who to turn to. We can provide sympathetic, non-judgemental support and space to talk, to get you through the difficult times.

If you are...

- Feeling lonely, anxious or depressed
- Feeling in need of understanding or support
- Finding it difficult to relate to others
- Going through a crisis such as marriage break-up or bereavement
- Going through major life changes such as redundancy or retirement

...then you don't have to face your problems alone, or worry about burdening family and friends. We are here to help.

At Alton Counselling Service (ACS), we exist to help adults of all ages in the Alton area, who are experiencing emotional, psychological, spiritual and relationship problems, by providing high quality, affordable counselling.

Seeking help isn't a sign of failure. It's simply recognition that sometimes life gets too much and you need a non-judgemental, independent person to help you think things through.

A service you can trust

We are able to provide an affordable service because we are a not-for-profit organisation and because our counsellors and staff give their time and support free of charge, or at a reduced rate.

And you can be confident about using our services because;

- Our counsellors have all been trained or are in further training with a

recognised training organisation and receive regular clinical supervision

- We are an accredited centre with the British Association for Counselling and Psychotherapy (BACP)
- We are a member of the Westminster Pastoral Foundation (WPF) national network of Counselling Centres



How we can help

Counselling at ACS, gives you an opportunity to explore any problems and issues in a confidential setting, with a counsellor who will listen and help you explore and understand your feelings, thoughts and behaviour.

We can give you the time you need to explore how past problems and issues might be contributing towards your present difficulties.

Counselling doesn't provide you with easy solutions, but can help you to find your own answers and develop better ways to cope.

The practicalities

How does it work?

Assessment: We start with an introductory session to see whether counselling might help. You will then be offered weekly sessions with a counsellor, or if we are busy you may need to go onto a waiting list. If this is the case, we will give you an indication of how long you might need to wait.

Short-term: We can offer you a series of six appointments if you have a particular problem you need to focus on.

Open-ended: With open-ended counselling, you and your counsellor can decide when you want to finish.

Interested? Call, write or email us. We will contact you to arrange an appointment. You will then need to complete a form and return it to us with your fee.

Appointments? Sessions normally take place between 8am - 8pm on weekdays and last for 50 minutes. Sessions will be at the same time each week and take place at our centre in Alton.

What will it cost?

Because we are a not-for-profit organisation and our counsellors give their time for free or at a subsidised rate, we can offer a very cost-effective service, particularly when compared with private practices.

Initial Assessment: Sessions cost £45, to be paid when you return your form.

Weekly Counselling Sessions are £40 for a 50 minute session.

Some people may be concerned about their ability to pay. If you have a low income because you are on benefits, work part-time or have significantly high outgoings, we try to agree payments within your means.

Reviews: The amount you pay will be reviewed on an annual basis.

We try not to refuse counselling for financial reasons, but everyone who uses our services is asked to pay something.



Postal and counselling address:

Alton Counselling Service,
Quaker Meeting House, Church Street
Alton GU34 2DA

Telephone: 01420 89207

Email: admin@altoncounselling.org.uk

Or visit our web site at:

www.altoncounselling.org.uk



Member of the **wpcf** Counselling Network

**British Association for Counselling
and Psychotherapy (BACP)**

Accredited Service

Registered Charity 279857