

## What is counselling?

Sometimes life gets us down, and we need someone to help us sort things out; someone to talk to who is not involved with our lives or relationships in any way.

That person should be someone who has not contributed to our current difficulties, and who has no preference concerning the decisions we might make: -

Someone who will listen and support us whilst we try to discover new ways of coping with, or resolving our problems; someone who will help us to feel better about ourselves.

A counsellor is trained to be such a person.

**\*A donation is requested for each session, to assist in maintaining the service.**

### Your Safeguards:

- All counsellors are appropriately trained and supported by medical, legal and psychiatric consultants.
- The Safe Space Counselling Service is affiliated to the Association of Christian Counsellors, and all counsellors are bound by the ACC published code of ethics.
- The counsellors are supervised by an experienced counselling supervisor to maintain professional standards, to ensure best practice, and to, provide the best possible service to the client.
- There is an internal complaints procedure.
- The service is under the direction of a senior accredited counsellor/psychotherapist, a senior member of the British Association of Counselling and Psychotherapy, and a member of the Association of Christian Counsellors.



*"come and talk it through"*

Safe Space Counselling offers a professional, confidential service to anyone who needs to talk things through.

To make an appointment\* simply telephone: **07938 779 477**

There is always an answer service.

Your call will be returned promptly.

or send us an email

[safespacecounselling@talktalk.net](mailto:safespacecounselling@talktalk.net)

SafeSpace is for anyone who is facing difficulties in their life.

Difficulties could include:

- Bereavement
- Stress, burn-out
- Life Choices
- Sexual and relationship issues
- Family issues,
- Excessive worry.
- Anxiety

tel 07938 779 477

email [safespacecounsellingservice@talktalk.net](mailto:safespacecounsellingservice@talktalk.net)

[www.safespacecounselling.org.uk](http://www.safespacecounselling.org.uk)