



A professional counselling service in Bath

For more information



0117 950 7271



@network.org.uk



@networkcounsellingbristol



@NetworkCSL

Why counselling?

At times in our lives we all encounter difficult or painful experiences which we need to talk through with someone else. Family and friends can often be very supportive but there are times when they are unable to offer the particular kind of help needed.

Counselling can offer:

- ◆ A safe and confidential space in which to feel listened to, accepted and understood.
- ◆ A space in which to explore thoughts and feelings around the difficulties faced.
- ◆ A space in which to seek a way forward.

What can I talk about?

- ◆ Unhappy with your present lifestyle.
- ◆ Encountering relationship difficulties.
- ◆ Coping with a significant bereavement, separation or divorce.
- ◆ Struggling with low self esteem.
- ◆ Feeling anxious, stressed or depressed.
- ◆ Trying to overcome fears.
- ◆ Finding it hard to cope.
- ◆ Having to make a difficult decision about the future.
- ◆ Facing unemployment, redundancy or retirement.
- ◆ Coming to terms with serious or chronic physical illness or disability.
- ◆ Dealing with the impact of physical, emotional or sexual abuse on your life.
- ◆ Wanting to change patterns of behaviour which are destructive to yourself or others – e.g. unhealthy eating patterns; difficulty in controlling anger; self harm.

What can Network offer?

- ◆ Confidential counselling for individuals.
- ◆ A service that is affordable to all and open to anyone irrespective of gender, sexual orientation, ethnic origin or religion.

How many sessions can I have?

- ◆ One hour of counselling per week – initially for a period of up to twelve weeks, with an option to extend.

What will counselling cost?

- ◆ There is no fixed charge but you will be invited to make a regular contribution towards the cost of each session.
- ◆ If you are not able to make a financial contribution this will not prevent you from receiving counselling.

How can I arrange an appointment?

- ◆ To arrange an introductory interview, please telephone **0117 950 7271** between **9.30am and 4.00pm, Monday to Friday.**
- ◆ There is a confidential answering service outside of those times. Messages will be responded to as soon as possible.
- ◆ Counselling sessions are offered between **9:30am and 1:00pm Wednesday to Friday.**

How to find us:

St Luke's Church Centre is about 2 miles south of the centre of Bath, just beyond the shopping area known as Bear Flat.

St. Luke's Church Centre
St. Luke's Road
Bath. BA2 2BB

