

What will counselling cost?

There is no fixed charge but we do ask clients to contribute as much as they can reasonably afford. Every counselling session costs us £31. Those who are able to pay more will help those who can afford less.

If you are unable to contribute financially, this will not prevent you from receiving counselling.

Where is Network based?

We are based in Elm Park, Filton, Bristol, BS34 7PS (the rear of St Andrew's Church) where we opened our purpose built centre in January 2018. There is adequate parking right outside our front door, and the premises are easily accessible by public transport.



One of our counselling rooms

"I do not believe I would be here today, without my counsellor's help and understanding, hope, courage, and strength."

As an organisational member of the British Association for Counselling and psychotherapy (BACP), we are bound by its Ethical Framework for the Counselling Professions.

Network was founded by Christian churches in Bristol, but caters for people of all faiths and none.



To arrange an appointment:



0117 950 7271



Info@network.org.uk

For more information:



www.network.org.uk



@networkcounsellingbristol



An affordable counselling service, for people in Bristol and the surrounding areas.

Registered charity no. 292801

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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 welcoming, 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 find a way forward.

“Everyone I had contact with at Network was wonderful. A very caring, happy environment and I will be eternally grateful for your help.”

What can I talk about?

Counselling may help if you are:

- ♦ Dealing with the impact of trauma.
- ♦ Encountering relationship difficulties.
- ♦ Coping with a significant bereavement, or with separation or divorce.
- ♦ Struggling with low self-esteem.
- ♦ Feeling anxious, depressed or stressed.
- ♦ 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 (eg unhealthy eating patterns, difficulty in controlling anger, self-harm).
- ♦ Trying to overcome fears.
- ♦ Finding it hard to cope.
- ♦ Having to make difficult decisions about the future.
- ♦ Facing unemployment, redundancy or retirement.

“I feel encouraged, strengthened and free to move forward and into the future with confidence.”

Counselling at Network

Network offers:

- ♦ Confidential counselling for individuals and a small number of couples.
- ♦ A service that is affordable to all and open to anyone aged 16 or over irrespective of gender, sexual orientation, ethnic origin or religion.
- ♦ A large team of qualified volunteer counsellors and a smaller number of student counsellors on placement as part of their professional training.



How many sessions can I have?

Counselling sessions are for one hour per week — initially for a period of up to twelve weeks with an option to extend.

“The counselling helped me to see who I am, and helped me to change my life for the better.”