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## Counselling can help you:

- ✓ Increase in confidence and self-esteem
- ✓ Come to terms with past and present experiences
- ✓ Change unhelpful behaviour
- ✓ Improve communication
- ✓ Set realistic goals
- ✓ Explore your concerns in a safe environment



If you would like to enquire about counselling, please phone us on:

**01423 881881**



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## Some words from our clients

“To anyone hesitant about seeing a counsellor, I urge you to go - and to ride it out for the first few weeks until it starts to make sense. The time I have had at Wellspring feels like a blessing. I am so glad I rang up and put myself on the waiting list.”

“I feel really safe here. It has a calming influence and has significantly helped me.”

“I was surprised what a powerful experience being listened to without judgement is.”



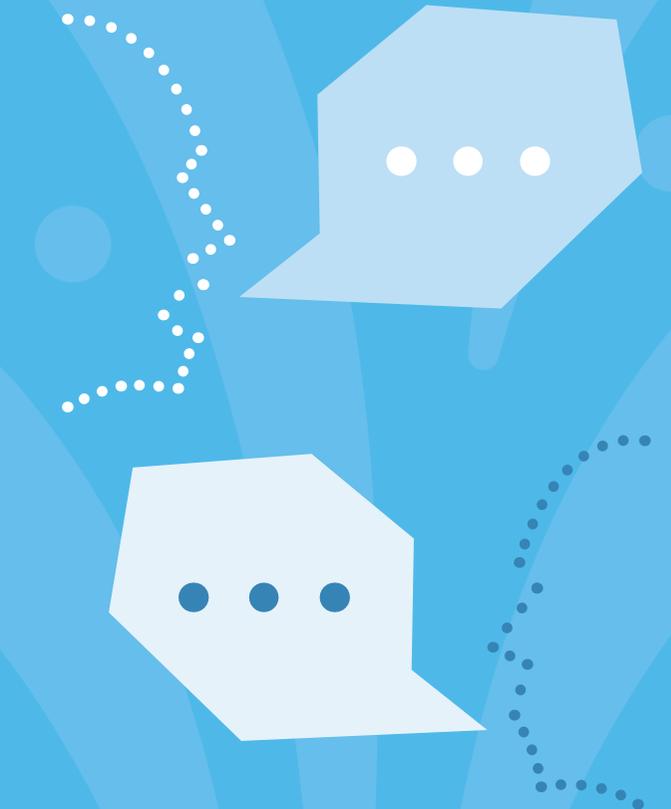
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# Counselling professional and affordable



Do you feel alone,  
angry, confused  
or hopeless?

Do you keep  
making the  
same mistakes?

Have you suffered  
a loss or traumatic  
experience?

Would you like  
time and space  
to talk through  
difficult issues?

Do you feel like  
running away?

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We work with people dealing  
with many different issues  
including:

- ➔ Abuse
- ➔ Abortion
- ➔ Addictions
- ➔ Anger
- ➔ Anxiety
- ➔ Depression
- ➔ Eating
- ➔ Employment
- ➔ Faith and spirituality
- ➔ Health
- ➔ Loss and change
- ➔ Relationships
- ➔ Self-esteem
- ➔ Self-harm
- ➔ Stress
- ➔ Trauma



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**Counselling can be  
short, medium  
or long-term,**  
according to your needs.

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**Daytime and evening  
appointments**  
are available.

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**There is  
no fixed charge  
for counselling**

but we welcome contributions to running  
costs, which we rely upon as a charity.

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We work to the British Association for Counselling and  
Psychotherapy (BACP) Ethical Framework for Good Practice and  
the Association of Christian Counsellors (ACC) Code of Ethics.