

## How to access the counselling service

To access the counselling service at 1in4 people please contact a member of the staff team to arrange an assessment. We offer counselling at both our Weston and Clevedon offices.

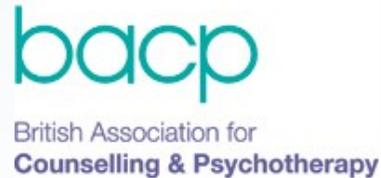
The assessment is the opportunity to find out if the counselling service is suitable for you and to explore suitable alternatives if not.

To help you to decide whether our service is right for you please contact

Nikki on :01934 622292



Find out more about BACP



1in4 People Ltd

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Weston Super Mare  
North Somerset  
BS23 1TN

Phone: 01934 622292

E-mail:

nikki.perry@1in4people.org.uk

## Counselling at 1in4 People Ltd

Looking for low cost  
counselling ?  
Maybe we can help



Weston-01934 622292  
Clevedon 01275 342362



## **Counselling at 1in4 People Ltd**

Counselling is a confidential space to help you understand yourself and situation and make changes when you feel ready to do so. Counselling can support you to express and make sense of strongly bottled up feelings which can help reduce the pain and distress they cause.

Working with your counsellor you can increase your understanding of yourself which may help you to move forward with your own personal goals.

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## **The Counselling Team**

Our counselling service at 1in4 People is offered by volunteer counsellors. The team comprises of both qualified counsellors and those on placement training. All volunteers are supervised by experienced supervisors which is in accordance with the British Association for Counselling .

## **Cost of Counselling**

Counselling at 1in4 People is priced between £5.00 and £12.00 based on individual circumstances. 1in4 People recognises the significance of counselling on mental well being, so if you feel there is a financial barrier to accessing the service please contact us and we can discuss this with you.

## **What type of Counselling do we offer?**

We offer short term Humanistic counselling, a course of counselling usually runs between 6 and 18 sessions.

## **What is Humanistic Counselling?**

The foundations of the humanistic approach provide the client with a deeper understanding of who they are, what they feel and the opportunity to explore the possibility of creating personal choices. It encourages self-awareness and self-realisation.

