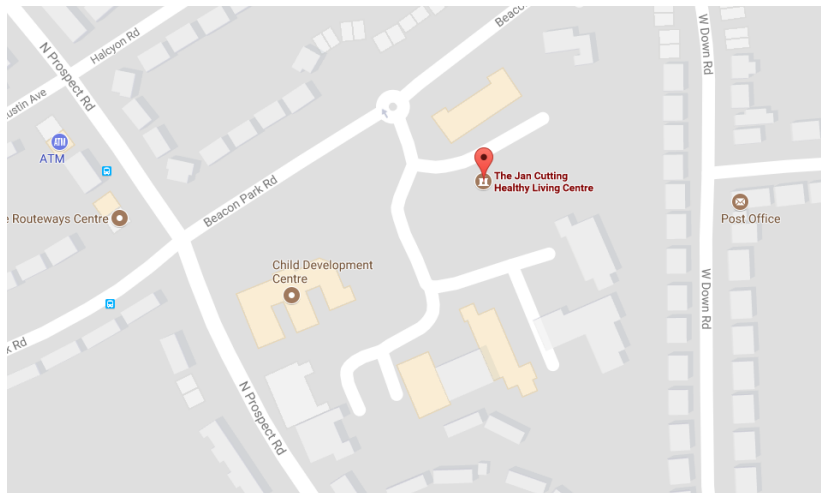


## How to contact and find us

Please contact Joanne Bower - Health and Wellbeing Projects Coordinator via the reception desk to make an appointment or for further information:

Healthy Futures  
Jan Cutting Healthy Living Centre  
Scott Business Park  
Beacon Park Road  
Plymouth  
PL2 2PQ

Tel: 01752 203673



**Wolseley Trust**  
Healthy Futures Service

# Wolseley Trust Counselling Service



Available to the Wolseley Trust's  
area of benefit (North Prospect, Keyham, Ham,  
Stoke and Ford)

**Wolseley Trust**  
Healthy Futures Service

## What Counselling is

Counselling is a talking therapy and an opportunity to explore any worries or issues you may have with in a safe confidential space with someone who is trained to listen.

Your Counsellor will offer you warmth and acceptance and use empathy to understand how things are for you. They will help you to focus on your issues, respect your choices and values and work with you towards making any changes that are right for you.

Talking through your issues in this way may offer a new perspective on something you may be stuck with and simply talking through your thoughts and feelings with someone who is trained to listen may bring relief.

## What Counselling isn't

Counsellors do not advise or tell you what to do and cannot promise to make all your problems disappear!  
They cannot guarantee to make you feel better and they most definitely will not judge you.

## The area we cover

We cover the Wolseley Trust's area of benefit. If you would like to know if this service is available to you, please contact us on 01752 203673. If it's not, we will be able to provide information on other Counselling services that would be available for you to access.

## How to refer

This Counselling service is for adults aged 18+ referred by their GP. Please get in touch if you would like a form to take to your GP.

The Counselling is offered by the Wolseley Trust and is based at the Jan Cutting Healthy Living Centre in Plymouth. For more information on referrals and eligibility to access the service, please contact 01752 203673.

## Who are our counsellors?

Our Counselling is delivered by volunteer student Counsellors undertaking a clinical placement as part of the final stages of training for a Level 4 Diploma in Therapeutic Counselling.

Counsellors are student members of the BACP (British Association of Counselling and Psychotherapy) and work in accordance with the BACP ethical framework.

## What we can offer

We offer an initial consultation lasting an hour. We can discuss your needs, the Counselling process and what you would like to gain from it. This will help you decide whether or not you would like to have further Counselling sessions.

We can then offer you a further 6 one-hour long sessions.

**This counselling service is for people with mild anxiety / depression. It is not suitable for people requiring long term or in-depth clinical psychological support.**