

Counselling can help when...

“ I just feel so stressed.”

“There’s no-one I can talk to.”

“I can’t seem to cope anymore.”

“I feel so anxious all the time.”

“I am so depressed.”

“Since my partner left I feel so helpless.”

“No-one needs me any more.”

“I’m so confused about my sexuality.”

“I seem to cry all the time.”

“I feel so empty and alone.”

“I’m so angry all the time.”

“I am so confused.”

“No-one understands.” ”

We welcome self-referrals, referrals from GPs, and have a range of services available for staff of companies, charities and other organisations.

How to get in touch

Phone the area number most convenient to you.

Cambridge 01223 233047

Peterborough 01733 553166

Complete the online form on our website:

www.cambridgeshirecounselling.org.uk/client-services/book-a-session

Our receptionist will assist you. After having provided some details, you will be offered an initial session, where you will have the opportunity to outline and consider issues of concern to you. This session will also clarify whether CCC offers the most appropriate type of counselling for you.

If you decide to proceed, one of our counsellors will then arrange on-going counselling sessions with you.

When our receptionist is not available, your call will be switched to an answering service. We will return your call as soon as possible.



**CAMBRIDGESHIRE
CONSULTANCY
IN COUNSELLING**

Registered Charity No: 1053794

**A confidential, caring
and professional
counselling service**

Visit our website:

www.cambridgeshirecounselling.org.uk

When is counselling needed?

The reasons for seeking counselling may be varied, but for instance, if you are feeling:

- **upset**
- **depressed**
- **lonely**
- **hopeless**
- **angry**
- **inadequate**
- **unheard**

We offer both long and short term one-to-one therapy.

What can counselling offer?

The opportunity to:

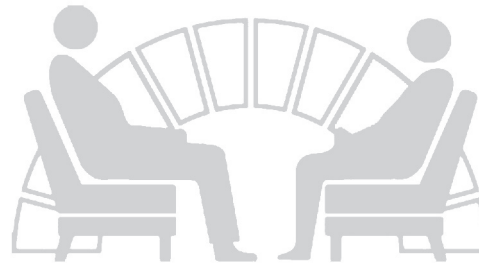
- **be listened to**
- **explore fears in an accepting atmosphere**
- **explore difficulties in making and sustaining relationships**
- **be helped to make sense of confusion**

Who are we?

CCC is a Registered Charity providing affordable counselling services in the region since it was established in 1978.

Our counsellors are professionally trained, supervised and committed to their own continuing professional development.

We are an Organisational Member of the British Association of Counselling and Psychotherapy (BACP). All of our counsellors observe BACP's Code of Ethics and Practice.



Who is counselling for?

We offer anyone over the age of 16, of any lifestyle and nationality, an impartial, confidential and caring environment in which to explore their needs, either face to face or by phone.

How much does it cost?

Our aim is to provide counselling services at rates that take account of what people can afford.

After an initial assessment, you will be offered subsequent sessions of counselling at a fair rate. We charge on a sliding scale, based on your financial situation, or your employer may agree to fund your sessions.

Confidentiality

Your counselling sessions usually take place away from your home or workplace, so you can be completely open and honest with your counsellor.

Whatever you say in your sessions is always strictly confidential.