

## Why come for Counselling?

If you find yourself feeling any of the following you may benefit from counselling:

- Stress or depression
- Isolation, loneliness or feelings of rejection
- Undergoing a personal crisis
- Some kind of major personal change
- Worries about your relatives or children
- Dissatisfaction with the quality of social and work relationships
- Experiencing feelings of hopelessness or aimlessness
- Worries about a job, feeling over worked or not having a job at all
- Experiencing bereavement or loss
- Experiencing marital or relationship breakdown
- Suffering from past experience, maybe from childhood
- A wish to understand yourself better

All Wimbledon Guild counselling services take place at our head office on Worple Road, see back page 'Getting Started' for full details.

## Getting Started

**Contact number**  
**020 8296 0030**

Call this number to speak confidentially with our team to discuss your needs.

### What will it cost?

At your first meeting our team will explain about this service and the commitment expected from you. There is a fixed fee of either £10 or £35 for this first meeting, depending on your circumstances.

After this regular sessions can be arranged with a counsellor and payment will be based on what you can afford.

### Opening Hours

**Monday to Thursday 9am - 10 pm**

**Friday 9am - 8pm**

**Saturday 9am - 2pm**

**1st Floor, Guild House, 30-32 Worple Road,  
Wimbledon, London. SW19 4EF**

[www.wimbledonguild.co.uk/counselling.htm](http://www.wimbledonguild.co.uk/counselling.htm)

**A service provided by  
The Wimbledon Guild of Social Welfare  
Registered Charity No: 200424**

## The Wimbledon Guild Counselling Service



**Professional, confidential  
affordable counselling for  
individuals and groups**

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Registered Charity No: 200424**

## The Wimbledon Guild Counselling Service

The Wimbledon Guild Counselling Service evolved from the Guild's social work team in 1988. Today all the counsellors on our teams are carefully selected and professionally supervised.

The service is accredited by the British Association of Counselling and Psychotherapy (BACP) and is headed up by John Priestley, a registered psychotherapist and a fellow of the BACP.

## What is Counselling?

The aim of counselling is to enable people to lead richer, more fulfilling and resourceful lives. It provides support by giving an opportunity to explore the thoughts and feelings that are often behind mental distress and anguish.

Counsellors do not usually give advice but rather facilitate a deeper understanding of your feelings so that in the end you know what to do.

[www.wimbledonguild.co.uk/counselling.htm](http://www.wimbledonguild.co.uk/counselling.htm)

## One-to-one Counselling for Adults

Talking therapies are beneficial for a range of conditions including depression and anxiety. You might, yourself, have a sense that talking to someone about your feelings could increase your emotional well-being.

You can end counselling at any time when you feel you no longer need it. We are happy to continue providing a service for up to 60 weeks.

## Youth Counselling (Age 15-24)

Counselling can be helpful if you are feeling down, not sure what to do, worried, or you find yourself doing things that you know are not good for you.

If you are having troubles with your friends, or your family, it can be helpful to talk to someone neutral about it.

Counsellors will not judge you, tell anyone your business or tell you what to do.

**This service is completely free for clients who are under 18.**

## Family & Couple Therapy

Family and couples therapy provides a safe environment where several members of the same family or a couple can discuss issues that affect them. Family therapy usually involves a small number of sessions. There can be more than one therapist.

Sessions are not necessarily weekly and therapists sometimes make practical suggestions on how you can achieve change.

## Group Psychotherapy

Group psychotherapy offers a way of understanding an individual's relationship to the many groups he or she may be a part of, including family, work and a variety of external groups.

Lasting change through group psychotherapy is possible at any stage of life.

