



Counselling

We understand that during difficult times it can be hard to know who to turn to. Sometimes your thoughts and feelings can leave you and those important to you, struggling to cope.

Our counselling sessions offer you a safe space to talk about the issues you are facing and explore difficult feelings in a confidential, non-judgemental environment.

We have a team of qualified and student counsellors who are experienced in a diverse range of therapies. What might work for one person might not necessarily work for you, so we'll support you to find what kind of therapy best suits your needs.

Our counselling sessions are flexible and open to individuals, couples, and families. We will aim to see you as quickly as possible, and our team of qualified and trainee counsellors can tailor sessions to offer you both long and short-term support.



What to expect when attending a session

Counselling is not about offering advice, instead, our experienced counsellors will offer you the chance to talk about the issues you are facing and explore any difficult feelings you may be experiencing, as well as discussing coping mechanisms to enable you to move forward.

We don't put a limit on the number of sessions you can receive. You may find that two or three sessions are enough, or you may wish to continue over a longer period of time. We'll work with you offering both short and long-term therapy to suit your needs, reviewing your progress along the way.

Rest assured that you will be listened to and understood without being judged and through this experience you can move your life in a positive direction that is right for you.

What does counselling help with?

Counselling can help with many different issues, including:



Stress



Depression



Loss &
Bereavement



Anxiety



Trauma



A relationship
breakdown



Low self-
esteem

It may be that you feel down but are not sure why. If you find yourself in this position, please contact us and one of our dedicated counsellors will be in touch to explore this with you and figure out the best way forward.

How much does counselling cost?

Costs are based on a criterion of affordability and a case-by-case basis. They also depend on whether individual, couples or family counselling is required.

For more information, please contact us using the details below:

T: 0121 565 5605

E: counselling@kaleidoscopeplus.org.uk



kaleidoscopeplus.org.uk

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