

Counselling can help with:

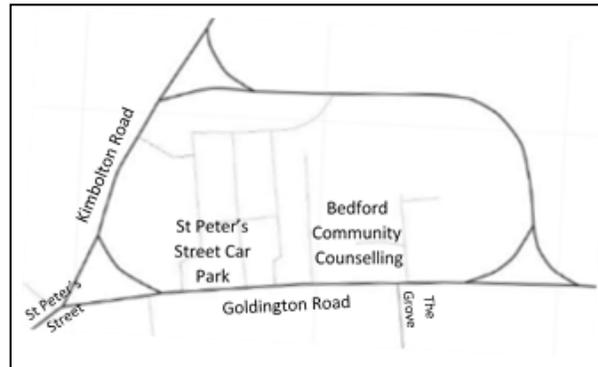
- ◆ *Abuse*
- ◆ *Trauma*
- ◆ *Depression*
- ◆ *Bereavement & loss*
- ◆ *Dealing with anger*
- ◆ *Stress & anxiety*
- ◆ *Mental health*
- ◆ *Identity & cultural differences*
- ◆ *Addictions*
- ◆ *Obsessions*
- ◆ *Relationship issues*
- ◆ *Work related difficulties*
- ◆ *Sexuality*
- ◆ *Phobias & fears*
- ◆ *Change & major life events*
- ◆ *Loneliness & isolation*
- ◆ *Eating disorders*
- ◆ *Chronic illness*

About Bedford Community Counselling
All counsellors at BCC are Members of the BACP and are bound by its Ethical Framework for Good Practice in Counselling and Psychotherapy, and subject to the Professional Conduct Procedure.



Bedford Community Counselling Service
A Community Interest Company
Limited by guarantee

Company number 8190282



4 Goldington Road, Bedford, MK40 3NF
Tel: 01234 768 787 or 07712 306 085

Email: info@bedfordcommunitycounselling.org
www.bedfordcommunitycounselling.org



A Community Interest Company

**Would it help
to talk to
someone?**

BCC offers a confidential, ethical and affordable counselling, psychotherapy and EMDR service for people living in Bedfordshire.

Call or text us:

01234 768 787

07712 306 085

www.bedfordcommunitycounselling.org

Bedford Community Counselling services

We offer psychotherapeutic counselling to individuals and couples aged 18 and over. We embrace difference, diversity and equal opportunities for all, and welcome contact from anyone, regardless of gender, race, religion, sexual identity or background.

What is counselling?

Our therapists are highly qualified, caring and approachable. We understand that many people seek counselling because something is preventing them from living a fulfilling life.

Counselling can help you to overcome emotional difficulties and free yourself from self-destructive ways of feeling, thinking and behaving.

We offer a counselling relationship that can support you as you try to see your problems clearly. Counselling can help you find a new perspective and to find a way forward to a better future where you have greater control. This will enable you to live your life in a more positive and constructive way.

We are here to listen and support you, not to give advice or tell you how you should feel and what you should do.

Counselling will not provide any quick solutions for you but it can be effective for a range of psychological difficulties including trauma, depression and anxiety.

Mental Health

People who use mental health services often prefer talking treatments to medication. Research has proved that talking therapies can be just as helpful as drugs for many mental health problems and suggests they should be offered as well as, or instead of, medication, when possible.

One-to-one

BCC offers short and long term counselling, depending on the needs of the client. We offer a confidential, understanding and accepting relationship, based in a safe and comfortable environment. We don't label or judge.

Relationship Counselling

We work with all couples regardless of their sexuality, who may be experiencing problems in their relationship. Counselling offers a way to develop insight into yourself and your partner, and the possibility of improving close relationships, understanding and healing past hurts, and creating positive and realistic attitudes towards the future.

EMDR

EMDR (Eye Movement Desensitisation and Reprocessing) is an innovative approach to working with trauma. It is a specialist therapeutic approach, delivered by our highly trained and experienced therapists, designed to help take away the distress you may experience when remembering a traumatic event. For more information, please contact us.

What does it cost?

Our aim is to provide accessible and inclusive counselling. As a community interest company we are a not for profit organisation.

Our counselling sessions are charged on a sliding scale depending on your household income and the minimum charge is £20 per session. For more information about EMDR fees, please contact us.

What should I do next?

If you feel counselling is for you, or you would like to find out more, please contact us. We know that it can be difficult to make this first contact, so one of our counsellors will respond to you quickly. In addition to English BCC can currently offer counselling in Spanish and German.

During an initial assessment we will explore together with you if the service BCC offers will be helpful to you. You would then be allocated a counsellor, who you would meet on a weekly basis, with each session lasting 50 minutes.



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