



Providing counselling in the community for 40 years

**Feeling anxious or depressed?
In need of understanding or support?
Going through a life crisis?
Don't face your problems alone –
We can help you get more out of life.**

We are Alton Counselling Service (ACS), helping adults in the Alton area who are experiencing emotional, psychological and relationship problems.

A service you can trust

We are a not-for-profit organisation, offering an affordable, cost-effective service.

You will receive high quality counselling from one of our professional and experienced clinical team.

Our counsellors are trained to listen and give you the time you need to explore any problems and difficulties in a confidential, one-to-one setting. They will help you find your own answers and develop ways to get more out of life.

How we can help you

We can arrange for you to attend an introductory session.

If it is decided that counselling might help, you will be offered a short-term programme of six sessions; or an open-ended programme in which you and your counsellor can decide when you want to finish.

This support goes beyond the time-limited programmes offered by the NHS.

Counselling sessions take place each week and are available between 8am and 8pm. They last for 50 minutes.

What will it cost ?

Introductory session: £45

Counselling sessions: £40 per session

However, if you are receiving benefits, work part-time, or in financial difficulty we will try to agree payments within your means.

Call now to make a confidential enquiry **01420 89207**

or e-mail: admin@altoncounselling.org.uk

or visit our website www.altoncounselling.org.uk

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