

An introduction to



**The Corner House
45 Southwick Street
Southwick
West Sussex
BN42 4TH**



Affordable Counselling, Groupwork, Outreach, Training

Introduction

As You Are is an established registered charity (Charity number 1147468), which has been set up to provide affordable and accessible counselling to people living in East and West Sussex.

The centre includes both experienced counsellors and trainee counsellors from a variety of local universities and colleges. Since 2012 As You Are has built up an excellent reputation for low-cost counselling service and training and has been recommended by GPs in the area and by word of mouth.

Counselling

People come with a variety of difficulties including depression, anxiety and stress. They may be feeling overwhelmed by their feelings, unable to cope, having relationship difficulties or low self-esteem. They may have experienced difficult life events such as a bereavement, divorce or trauma.

Counselling provides a space for people to explore such difficulties and the opportunity to work through painful experiences in a safe, private and confidential environment. Counsellors will be accepting and understanding allowing you the freedom to explore and reflect on what's right for you. They won't give advice or be judgemental.

Professional service

All our counsellors are professionally trained or on a recognised training course and supported by supervision.

As You Are is a member of the BACP (British Association for Counselling and Psychotherapy) and we adhere to their Ethical Framework for Good Practice.

Initial assessment

The assessment session offers the opportunity to see if counselling is the most appropriate service for your needs. Confidentiality will be discussed at assessment.

Suggested Assessment Fee:

- Not working/ eligible for means tested benefits: £10, £12
- Part time work/ Low waged: £15, £20
- In full time employment: £25, £30
- Relationship Therapy: £15, £30

To book an assessment please contact us on 07392 612771 on Monday, Tuesday and Thursday evenings (6pm-9pm) or Saturday (10am-1pm).

Fees

We operate a sliding scale of £8 to £35 per session which is based on the client's ability to pay as worked out at the assessment.

Sessions

At As You Are, we offer up to 24 sessions in a private and confidential setting. Each counselling session lasts for 50 minutes and availability will be discussed at assessment.

Future developments

As You Are develops community-based services offering counselling, groupwork and outreach. The emphasis is on providing affordable, accessible and professional services in consultation with the people who want to access such services. As You Are has run multiple bereavement, anger management and women's groups.

Nicky Hitchcock (Service Manager)

As You Are, c/o The Corner House, 45 Southwick Street,
Southwick, West Sussex, BN42 4TH

Tel 07392 612771
(Monday, Tuesday and Thursday 6-9pm
and Saturdays 10-1pm)

Visit our website for further details www.asyouarecentre.co.uk