

HELP SUPPORT US

Catalyst Counselling is funded by The National Lottery Community Fund and is **free** - but donations help to support even more people.

Voluntary donations are welcome

To find out more about ways to donate and help support us, please visit:

www.catalystsupport.org.uk/donate

If you are unable to make a donation, this will not affect the service you receive.



*This has been life changing.
I now feel like I am in control
of my life.*



GET IN TOUCH

Tel: 01483 590150

Text: 07909 631 623

counselling@catalystsupport.org.uk

www.catalystsupport.org.uk



@CATALYSTethos



@Catalyst_support



Catalyst Support

Scan our QR
code for more
information



baacp

British Association for
Counselling & Psychotherapy

Registered Charity No: 1075892

Company No: 3689561

CATALYST COUNSELLING

supporting wellness together



*My counselling experience was
excellent and has had a significant
impact on my life and the lives of
those around me*



catalyst
SUPPORTING WELLNESS TOGETHER

**COMMUNITY
FUND**

WHO CAN ACCESS OUR SERVICE?

- people aged 18+ who are registered with a GP in Surrey
- individuals concerned about their drug or alcohol use
- individuals affected by someone else's drug or alcohol use
- individuals concerned about their mental health

COUNSELLING CAN HELP SUPPORT YOU:

- explore past and present life events
- develop strategies to improve your mental health and wellness
- work with difficult thoughts and feelings
- develop a deeper sense of internal connection

“

It has helped me to understand myself.

Given me confidence.

Helped provide a tool kit to anticipate or cope.

”



WHAT DOES CATALYST COUNSELLING OFFER?

Catalyst is a member of the British Association for Counselling and Psychotherapy (BACP). We offer:

- up to 24 sessions - collaborative review every 6 weeks
- your choice of face to face, telephone and online counselling
- all counsellors have specific training in drugs, alcohol, mental health and wellness
- a non-judgemental and safe space
- working with you to empower your choices

HOW TO ACCESS COUNSELLING?

You can self-refer or be referred by other professionals i.e. GP's

You can contact us by calling, texting or emailing.

Tel: 01483 590 150

Text: 07909 631 623

counselling@catalystsupport.org.uk

www.catalystsupport.org.uk

Once a referral has been received a member of our team will contact you to arrange an appointment to explore your needs and discuss how counselling can help you.