

## Our Fees

Although Catalyst Counselling is currently part-funded by The National Lottery Community Fund, to make sure the service is sustainable, we operate an affordable, subsidised fee structure. With session costs ranging from **£15-£40 per session, depending on income.**

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



## Get in Touch



01483 590150



07909 631 623



[admin.counselling@catalystsupport.org.uk](mailto:admin.counselling@catalystsupport.org.uk)



[catalystsupport.org.uk](http://catalystsupport.org.uk)



@Catalyst\_support



catalyst.support



Catalyst Support



Scan the QR code for more information



## Catalyst Counselling

“ 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



## 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 online and face to face counselling in available locations
- 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

It has helped me to understand myself. Given me confidence. Helped provide a tool kit to anticipate or cope.

## How to access counselling:

You can refer yourself or be referred by a professional, such as your GP

You can contact us by calling, texting or emailing.

**Tel:** 01483 590 150

**Text:** 07909 631 623

**Email:** [admin.counselling@catalystsupport.org.uk](mailto:admin.counselling@catalystsupport.org.uk)

**Web:** [catalystsupport.org.uk](http://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.