



CONFIDENTIAL COUNSELLING SERVICES

Registered Charity No: 1076767

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What is Abacus?

An independent organisation providing individual, personal and confidential support.

Our experienced counsellors are trained in many aspects of counselling and all comply with the Ethical Framework laid down by the British Association of Counselling and Psychotherapy.

What services does Abacus offer?

Confidential one-to-one counselling relating to:

- **Relationships**
- **Family mediation**
- **Loss and bereavement**
- **Anxiety and depression**
- **Alcohol or drug dependency**

What is Counselling?

In a counselling session, an individual, couple or family group meets with a counsellor to work through a problem or some issues they wish to explore which are causing them distress.

Do I need an appointment?

Yes, telephone us and you will be connected to a counsellor who will ask for a few details and arrange for someone to see you, normally within 48 hours.

Occasionally the answer-phone may be on, in which case just leave a name and phone number after the message and we'll get back to you as soon as possible.

What happens next?

We normally arrange to see people in our counselling suite in Coventry.

How much does it cost?

The initial session, which lasts for 20 minutes, is free and gives the individual and the counsellor an opportunity to explore how they might work together on whatever issues are important. During this time the counsellor will discuss a suitable fee for any future sessions, depending on individual circumstances.

Counselling is free to individuals in receipt of Benefits and who seek Bereavement Counselling.