

A Low-cost Counselling Service in Glastonbury

An opportunity for you to benefit from our **community counselling service**. Counselling is the process of being with a trained person to talk through your difficulties and worries.

You will be **listened to without judgement** and in confidence, the counsellor will work with you to help you to **find ways to cope and to make your life better**, learning to draw upon your own resources to live a more fulfilled life.

It can help with almost anything that is causing you distress. **Counselling can be face-2-face, on-line or outdoor walking therapy**. The counselling is provided by both students and qualified counsellors.

All counsellors are supervised, members of the BACP or another professional body and hold insurance for their work.

