

# W+H Counselling/Psychotherapy enquiry form

## Making contact with us

If you wish to have counselling, please fill in and send us the form below. We will then arrange an interview, which will be a chance for you to look at what you need and how we can help you. Following the interview your name can be put on a waiting list until there is a vacancy with one of our counsellors. This time can vary between 3–12 weeks, depending on the service. We can help refer you to another agency if appropriate.

## Please tick box with your choice

I am interested in the free short term counselling service (6-12 sessions)

I am interested in the long term counselling service and willing to pay a contribution

TODAY'S DATE .....

NAME:.....

DATE OF BIRTH:.....

ADDRESS:.....

.....

TELEPHONE NUMBER:.....

EMAIL ADDRESS:.....

EMPLOYMENT STATUS:.....

GP NAME/SURGERY NAME.....

GP ADDRESS.....

[Return to: stc@women-and-health.org](mailto:stc@women-and-health.org)

## About Women +Health

**Woman + Health** aims to provide a range of treatments for local women who might not otherwise have access to affordable healthcare options.

The project is committed to providing an accessible and appropriate service in a safe setting in which all women can feel valued and respected.

Please ask about the options for treatments with speakers of languages other than English.

We offer a wide range of complementary treatments including:

- ~Acupuncture
- ~Shiatsu
- ~Cranio-sacral therapy
- ~Osteopathy
- ~Bowen Technique
- ~Reflexology
- ~Aromatherapy
- ~Massage
- ~Homeopathy
- ~Yoga

Women + Health has a weekly GP advisory service which provides breast examination, blood-pressure test and a chance to talk through your health concerns.

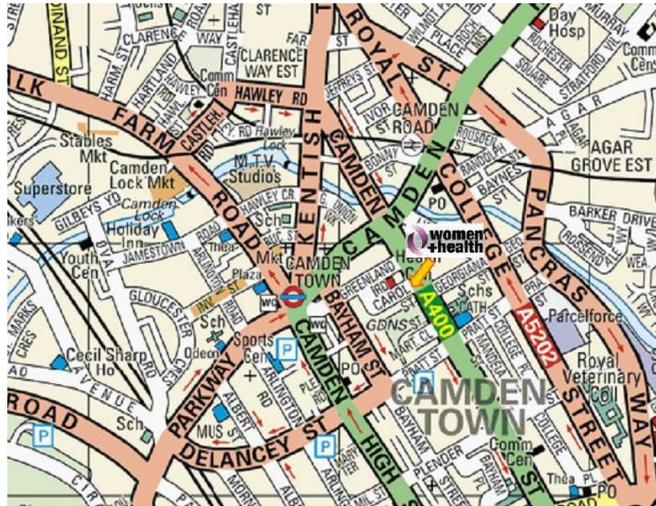
There is a programme available from the centre detailing all the activities.

W+H providing health & wellbeing services to women in Camden since 1986



4 Carol Street, Camden Town, London NW1 0HU

**Map to find us:**



**London Underground:** Camden Town (Northern Line)

**London Overground:** Camden Road

**Buses:** 24, 27, 29, 31, 46, 88, 134, 168, 214, 253, 274, C2

**Disabled Access:** there is one disabled parking bay at the front of the centre  
The building is wholly accessible for women with a disability wheelchair users  
The building and garden is wholly accessible to wheelchair users

We have a crèche (Monday and Wednesday mornings 10am-1pm)

**We are open:** Monday – Thursday 10am-8pm, Friday 10am – 5pm

**For further information about the counselling service**

**Email:** [stc@women-and-health.org](mailto:stc@women-and-health.org)

**Call:** 02072671532

**For further information about Women+Health**

**Email:** [connect@women-and-health.org](mailto:connect@women-and-health.org)

**Call:** 02074822786

**Website:** [www.womenandhealth.org.uk](http://www.womenandhealth.org.uk)

[www.facebook.com/womenandhealth](https://www.facebook.com/womenandhealth)

<https://twitter.com/wahcamden>



**Counselling and Psychotherapy services for women who are registered with a GP in the London Borough of Camden**

Counselling is a way of exploring your concerns and feelings with a counsellor who will listen attentively in an accepting, non-judgmental way, in a safe and confidential setting. She will help you to understand yourself better, exploring why you think, feel and behave as you do; to find your strengths and build on them. What starts out as a problem can often become the turning point towards self-discovery.

Counselling is not advice giving, but may enable you to make choices and changes in your life, to do what feels right for you. Psychotherapy is very similar but may take longer and works at greater depth. They can both be helpful in exploring early traumatic experiences, coping with major life changes and building confidence and self esteem.

***Who is it for?***

- ~ For women over 16 of any race, class, cultural background or sexual orientation.
- ~ For women who are troubled by the stress in their lives and want to explore strategies for change.
- ~ For women who feel lonely, depressed, confused, angry or overwhelmed by the demands of others or. Who have concerns about their parenting or relationship difficulties?
- ~ For women who are bereaved
- ~ For women who have been abused,

***What is on offer?***

**There are 2 services:**

**a) Short term service** – Depending on the assessment, sessions will vary from 6 sessions of short term therapy and up to 12 sessions. Project is funded by NHS and the service is free.

**b) Longer term service** – offering contracts up to a year and not funded so clients pay a contribution on a sliding scale £5 - £35 ( expect to pay about £1 per £1000 of gross income – most women on basic benefits would pay about £5). The waiting list for this service is currently closed.

Counselling sessions are weekly and last 50mins.  
All therapists receive regular supervision and work to professional ethical guidelines (e.g. UKCP, BACP, BPS). We offer some therapy in languages other than English – please inquire.