

# What is counselling?

Counselling, or talking therapy, is a process where you **explore difficulties in your life or painful and negative feelings** you may be experiencing. Counselling allows an individual to talk about their problems and feelings **in a friendly, relaxed and non-judgemental setting.**

Counselling is not always easy, it can be upsetting and difficult to look at painful areas. The service is an opportunity to look at your problems in a different way with someone who'll respect and encourage the decisions you make.

**Your sessions with a counsellor are confidential.** What this means is that your counsellor will not discuss your issues with anyone else including your employer. There are exceptions to this which will be discussed in your initial appointment.

By choosing our counselling service, you are directly supporting our wider charitable work, helping us provide vital services to people affected by domestic abuse, including children and young people.

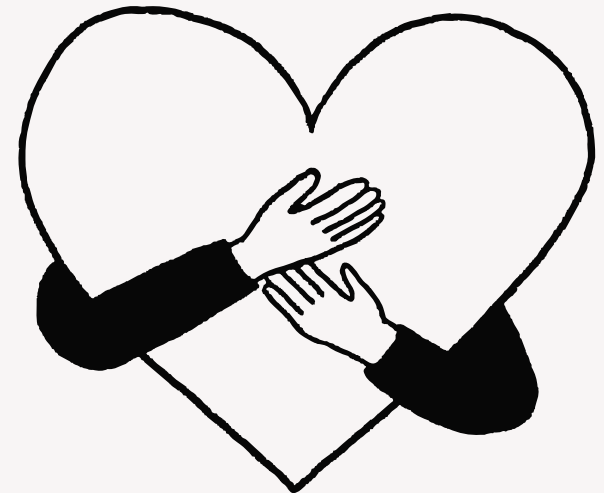
**Need more information?  
Contact us!**

**01706 345 111**  
**info@r-c-t.co.uk**  
**www.r-c-t.co.uk**



Rochdale Connections Trust

## Counselling Service



Professional, compassionate counselling

# How can counselling help me?

Talking to someone outside your immediate circle can make it easier to open up and explore what's on your mind.

We offer confidential support with:

- Abuse and trauma
- Addictions
- Anxiety and depression
- Bereavement or loss
- Cultural or identity issues
- Difficult childhood experiences
- Low self-esteem
- Relationship or family problems
- Sexuality
- Stress, work or life challenges
- Suicidal thoughts

You don't have to face things alone. We're here to listen and help you move forward.



## Who are we?



Rochdale Connections Trust (RCT) is a long-established local charity, founded in 1998, dedicated to supporting individuals and families facing life's challenges.

Our in-house Counselling Service provides flexible sessions with qualified counsellors\* in a safe, welcoming environment at our Drake Street office, or at an agreed location if preferred. All our counsellors are registered with a recognised professional body.



**Cost: £40 per 1-hour session**



**01706 345 111**



**info@r-c-t.co.uk**

Our counsellors are trained practitioners who work under regular professional supervision to provide a safe and supportive service

“ My counsellor was excellent, listening to me get all the bad stuff that's happened off my chest. I feel like she helped make things clear in my head and I can now be confident in my new life feeling 100% ”

“ I have achieved a lot, I am a new person now! I can stand my ground thanks to the counselling. Thank you for making me see things in a different way, in an adult way! Thank you once again. ”

“ Very satisfied with the support I received from my counsellor, it has made a difference to my situation as it gave me a safe space to think. I have come a long way since my first session. ”