**Who are we?**

New Hope Counselling is a registered charity based in South Warwickshire.

We offer counselling for anyone who is experiencing difficulty in their lives. We are here to listen and support you.

We have a diverseteam made upof qualified counsellors and also student counsellors who are working towards qualification. They alloffer a caring and empathic service.

We are able to work with young people and adults who are experiencing a wide variety of mental health issues.

We do not discriminate on the grounds of age, gender, sexual orientation or faith.

We offer counselling in Kenilworth, Warwick, Stratford-Upon-Avon and Leamington Spa (see website for days and times)

We also offer counselling by telephone and online.

**What do we offer?**

Our counsellors can offer support to young people and adultsfor a wide range of issues, including;

* Depression
* Anxiety
* Low self-esteem
* Bereavement & loss
* Relationship issues
* Past trauma
* Anger
* Addictions

**Accessing help**

You can contact us by telephone or email.

Email: [office@newhopecounselling.org.uk](mailto:lyn@newhopecounselling.org.uk)

Telephone: 07799 015650

Using the contact form on our website:

[www.newhopecounselling.org.uk/](http://www.newhopecounselling.org.uk/)

**What happens next?**

When you contact New Hope you will be offered an initial assessment usually within two weeks. This is a 45 minute conversation with a qualified counsellor where we will take some personal details and ask you to tell us your reasons for seeking counselling.

This will take place by telephone.

The assessment session and counselling sessions are confidential and fully GDPR compliant.

Following the assessment, you will be allocated to an appropriate counsellor when one is available. New Hope is a service in high demand so we do have a waiting list for counselling following the assessment, approximate wait times will be given when you contact us. Once you have been allocated to a counsellor you will receive a minimum of 8 sessions and a maximum of 16.

Appointments are available Monday-Friday during the day and some evenings.

**What does it cost?**

We do not charge for the service we provide, instead clients are invited to donate whatever they can afford towards their counselling. The approximatecost to New Hope of delivering a session of counselling is £35.00.

However, there is a charge of £10 for the initial assessment.

We believe that everyone should be able to access counselling and no-one will be refused counselling on the basis of not being able to donate.

Donations can be made in the following ways:

* By cash
* By bank transfer
* Via our website using CAF donate.
* Card reader

**We are here to help -**

**please get in touch**

**70 Saltisford,**

**Warwick**

**CV34 4TT**

**Telephone: 07799 015650**

[OFFICE@NEWHOPECOUNSELLING.ORG.UK](mailto:OFFICE@NEWHOPECOUNSELLING.ORG.UK)

Charity no. 1141104

Company no. 07501815

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**Confidential Counselling for South Warwickshire**

www.newhopecounselling.org.uk