



A SAFE SPACE TO EXPLORE



the bridge
counselling service

*The Bridge Counselling service is part of the Bridge Community Project.
Please visit our website for more information about our work.*

T: 01506 238 980
E: counselling@bridgecommunityproject.org.uk
W: www.bridgecommunityproject.org.uk
Registered charity no:- SCO45049



BACKGROUND

The Bridge Community Project seeks to improve the everyday wellbeing of the people of West Lothian through providing practical and relational support. We recognise that life can be complex and in our day to day situations we can find ourselves struggling with the various demands put upon us.

The Bridge Counselling Service provides you with the opportunity to talk to someone who will listen with understanding.

Meeting with your counsellor each week will give you the space and time to explore your thoughts and feelings. Through talking regularly with the same counsellor you can begin to understand your situation more clearly and make positive choices and decisions.

WHAT IS COUNSELLING?

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Advice	Helping you to work out your own solution
About blaming anyone	Acknowledging that past events may have had an effect
A quick fix	A relationship of trust that allows you to explore your feelings and reactions
An easy option	Hard work sometimes
Just listening	A safe space to work out new ways of reacting to situations

Clients usually find counselling to be a very positive experience, which help them to grow and change over the period seeing their counsellor. As we all know change can take time so please be prepared for counselling to last several weeks.

HOW WE WORK

THE BRIDGE COUNSELLING SERVICE IS:

AVAILABLE: The service is a generic counselling service for adults (18+).

LOCAL: Available to people across West Lothian.

COMPETENT: Our counsellors are either fully qualified at diploma level or are skills practitioners who have a COSCA certificate and are working towards diploma level.

CONFIDENTIAL: Your session and personal information are kept strictly confidential in line with COSCA's statement of ethics and code of practice.

NON-JUDGEMENTAL: We will listen and will not judge.

FINANCIAL CONTRIBUTION: We ask everyone receiving counselling at the Bridge to make a financial contribution, starting at £5, for each session.

FLEXIBLE: We are also able to offer sessions over the phone or zoom if face to face is not possible

THE SERVICE

- Abides by the COSCA statement of Ethics and code of practice.
- Offers around 12 sessions, but this is reviewed after 6 sessions and at other stages in the counselling process as agreed between client and counsellor.
- Works to each appointment lasting up to 50 minutes and for them to take place at the same time and day every week unless otherwise agreed between client and counsellor.



We work with you by appointment only, please contact us at:

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