

**Counselling in the Paisley community for over 20 years**

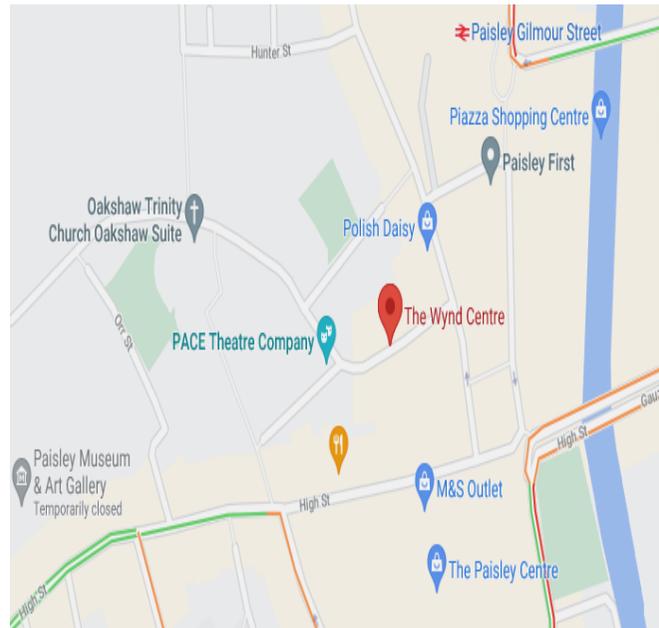
Counselling can help with...

- Emotional distress
- Anxiety or Depression
- Stress at work
- Relationship difficulties
- Bereavement or Loss
- Traumatic events
- ... among other things.

Counselling can help *you* to:

- See things more clearly
- Explore dilemmas & options
- Find your way in life
- Develop resilience
- Feel understood
- and keep yourself safe

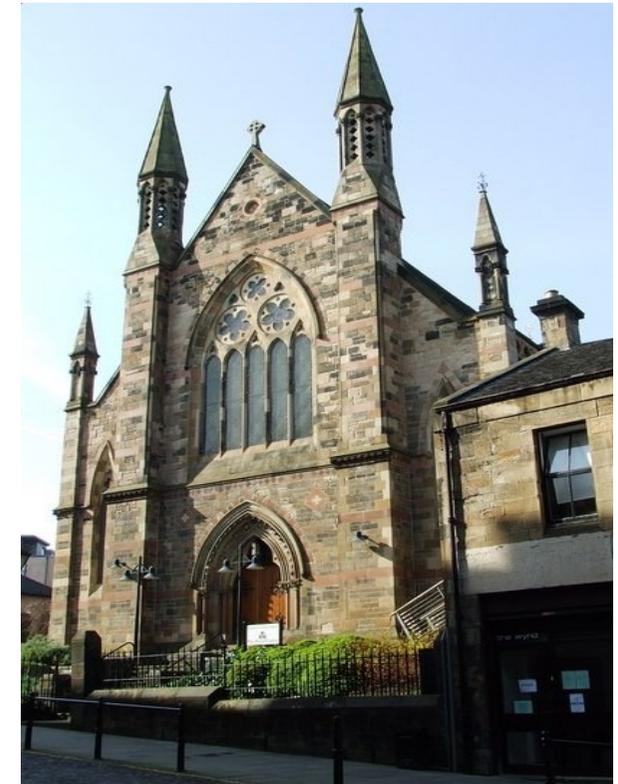
**Located in the heart of Paisley**



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**Counselling Service**

**6 School Wynd**

**Paisley**

**PA1 2DB**

**Tel: 0141 887 4647**

## What is Counselling?

Counselling offers a safe and confidential environment, where it is possible to explore thoughts and feelings with someone who has an impartial viewpoint.

Counsellors aim to help people to solve their own problems and understand their difficulties, helping them to make personal choices, without advising.

Counselling can support people with their difficulties, and key to this is confidentiality, but if they have concerns about risk to their clients, counsellors may respond to safeguard their wellbeing.



The Wynd Counselling Service has organisational membership of the British Association for Counselling & Psychotherapy (BACP), and all of our counsellors adhere to the principles of the BACP Ethical Framework for good practice:

<https://www.bacp.co.uk/>

Most of our counsellors are unpaid volunteers, some are fully qualified and others are undergoing training while they are on placement at the Wynd Centre.

Session times are 50-60 minutes long, & appointments are weekly.

We aim to provide a low-cost counselling service, and rely on our clients making a small financial contribution for each session, that makes it affordable as possible for everyone. This will be discussed on initial enquiry.

## Help for Children

The Wynd Centre offers therapeutic play for children aged 5 to 12 who are experiencing mild to moderate social, emotional and behavioural difficulties. The therapist works to the same high ethical standards as a counsellor working with adult clients, but in play, children get to express themselves in a way that is more natural and helpful for them.

Therapeutic Play sessions happen on the same day, at the same time every week for 40 minutes. 12-15 sessions are usually agreed to begin with.

To make a referral, just contact the Wynd Centre.

