

.....

## Person Centred Counselling

1 to 1 talking therapy

.....



### Who is this service for?

Anyone who is aged 16 and older and lives in West Dunbartonshire.

### What does it involve?

We provide a safe place for you to talk in confidence to a trained counsellor or trainee counsellor. They will listen and provide support and advice to enable you to regain control of your life and to move forward. They may also signpost you to other services that could help.

### How long does it take?

Following assessment you will be offered 8 - 12 sessions that can be extended to 16.

### How can I access this service?

This is a free service, please contact us to make a referral.

### Further information

To find out more please call **0141 941 2929**;  
e-mail [admin@stepstones.org.uk](mailto:admin@stepstones.org.uk) or visit [www.stepstones.org.uk](http://www.stepstones.org.uk)

.....

"I found that during this difficult point in my life, the counsellor was very supportive and, at times, had to be very patient with me. I do not feel I would have coped without her invaluable contribution, but most of all, her greatest asset, is that she was a very good listener and not judgemental."

.....

**Stepping Stones is a Charity registered in Scotland SC 019270.**

.....