

Gaddum ...Therapy

Adult Counselling Service

What is counselling?

Counselling can provide you with an opportunity to talk about it with someone who is trained to listen. It can help you to make sense of the feelings experienced and enable you to see the difficulty in a more manageable way. A Counsellor is someone who is trained to listen without passing judgement or giving advice. They will help you to discover your own potential and find your own answers.

Who is this service for?

Our service is for people aged 18 and over living in Greater Manchester with mild to moderate mental health issues. People accessing our service may be experiencing anxiety, depression, loss, relationship issues, difficulties with anger, recovery from traumatic events or struggling to cope with the pressures of life. If our service is unsuitable for your needs, we will let you know and signpost you to a more appropriate service in your area.

What can I expect?

After completing a referral form, you will be offered an initial appointment with an experienced counsellor to understand more about the problems you are experiencing and to find out if we are the right service for you. We will explain to you how confidentiality works and what our expectations are regarding cancellations and non-attendances.

Once sessions are offered, you will be with the same counsellor each week and will be offered up to 12 counselling sessions (depending on need). Each session lasts around 50 minutes. There may be a waiting list to access counselling; this will depend on your needs and availability as well as the availability of our counsellors.

When and where will counselling take place?

We can currently offer online (video call) or telephone counselling within the hours of 9:30am – 4pm Monday to Friday. Your sessions will usually take place at the same time each week.

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What does it cost?

Our Adult Counselling Service is independent from NHS or other statutory bodies. We do not receive any funding or grants and therefore you will be asked to pay a contribution towards the administration costs of the service. To ensure the service is accessible and affordable, our fees operate on a sliding scale and will be agreed with you depending on your household income in the initial assessment. The initial assessment session is free.

Who will I be working with?

Our counselling team comprises of volunteers who are either fully qualified or who are in the final stage of their counselling and psychotherapy training. All our counsellors attend regular clinical supervision and are registered with Professional Bodies.

Gaddum is an organisational member of the British Association for Counselling and Psychotherapy (BACP) and all our counsellors and volunteer counsellors adhere to and work within the BACP Ethical Framework for the counselling professions. Most of our therapists are person-centred counsellors. You can find out more about this type of therapy [here](#).

How do I access the counselling service?

Please complete the online referral form which is found on our website. Individuals can self-refer or be referred by a professional who is supporting them.

If you are making a referral on behalf of somebody else, you must obtain the consent of the person before making the referral. If you are struggling to complete the online application form, please call our Therapy team on 0161 834 6069.