



Cornwall  
Counselling  
Institute

# Penhaligon Counselling Agency

## Need someone to talk to?

This low cost service offers a safe and confidential place to talk with a counsellor, whatever you are experiencing and is open to anyone in the local community and to Cornwall College students who are 16 years or over.

Donations per session are between £5 and £15 depending on your circumstances and are funded by Cornwall College for 16 to 18 year olds.

For further information,  
or to make an appointment,  
call 01209 616163 or 01209 722156.

Penhaligon Counselling Agency, Penhaligon  
Building, Cornwall College, Trevenon Road,  
Redruth, TR15 3RD.

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THE CORNWALL COLLEGE GROUP

## What are we?

A professional counselling service offering sessions for people seeking help and support at a low cost.

## Who are we?

This confidential one-to-one service is managed and staffed by dedicated counsellors currently training to Diploma standard on the Diploma in Person-Centred Counselling and Therapy accredited through the University of Plymouth and by the British Association for Counselling and Psychotherapy (BACP).

In accordance with BACP standards, all counsellors receive regular supervision sessions from a qualified supervisor.

We believe in equality of opportunity. This means we will not judge people for their race, religion, sexuality, disability, age, class or lifestyle.

## Who can benefit?

You don't have to be ill or disturbed to experience stress or distress or to benefit from talking things through. Depression, anxiety, panic attacks, family worries, low self-esteem, bereavement, addictions, phobias, drinking problems, eating disorders, loneliness and grief are some of the specific problems which bring people to seek help.

## You don't have to bring a problem...

Often just feeling down, confused or worried can affect your work, relationships and social life. Talking in confidence with someone who has no other role in your life can help you evolve your own ideas and solutions to find ways of moving forwards. We can also help make contact with other sources of help if there is a need.

## What will you have to pay?

Most people pay between £5 and £15 per session. You can discuss this at your first consultation, which is free of charge.

## Never had counselling before?

It is natural to feel some apprehension when going to talk with a stranger for the first time. As counsellors, we are familiar with many of the ways in which things go wrong for people, but most of all, we respect each person as a unique individual. We offer you support in finding more effective ways of coping.

## How do I book?

When you first telephone, you will be asked to leave a message on an answering machine. You will then be discreetly contacted by a member of the counselling team. Each session lasts one hour. The counsellor will arrange with you the frequency and timing of subsequent sessions.

## Where are we?

We are based in the Penhaligon Building, Cornwall College. The rooms we use are private and confidentiality is paramount.

When coming for your session please use the Tolvaddon Road entrance leading to the Penhaligon car park.

Your counsellor will meet you in the foyer of Penhaligon.