

Contact Details:

We are situated at the heart of Didsbury Village, right on Wilmslow Road

Didsbury Counselling and Therapy Centre

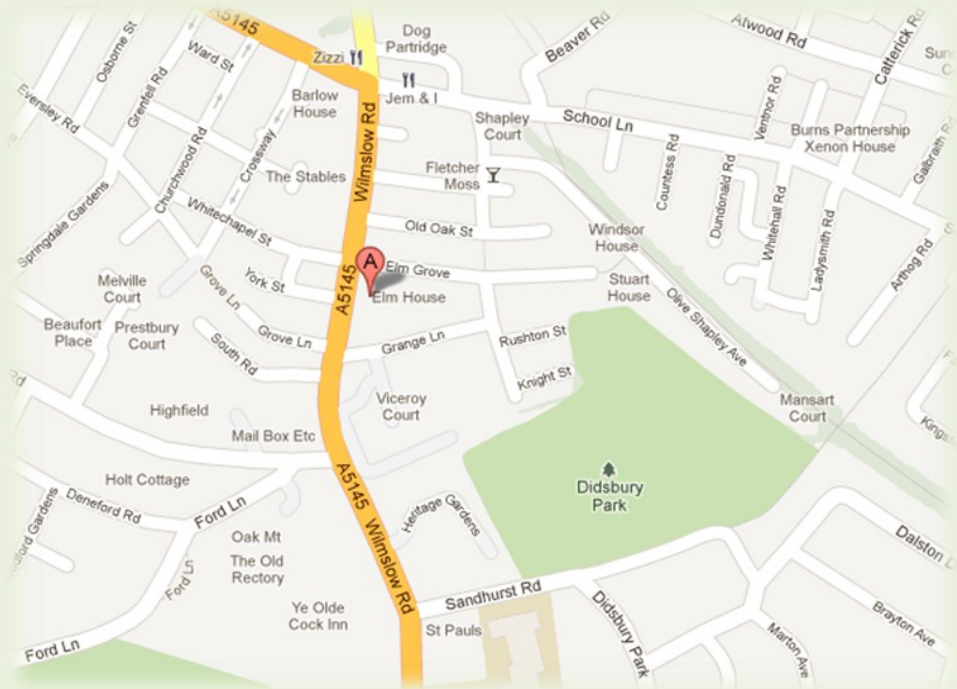
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Freephone: 0800 008 6967

Website: www.manchesterlowcostpsychotherapy.co.uk

Email: enquiries@didsburycounsellingandtherapycentre.co.uk



Low Cost Psychotherapy in Didsbury



Hope is for **Everyone**

Is Psychotherapy for you?

You might want:

Psychotherapy for **eating disorders (anorexia, bulimia, emotional and binge eating)**

Psychotherapy for **depression, anxiety and panic attacks**

Conquer your fear of **public speaking**

Have support for **workplace bullying and work stress**

Support in **lifestyle changes**

Help with **Relationship problems**

Regain your **confidence and self esteem**



...or maybe you are just curious about **personal development** and would like to find out what therapy is all about

LOW COST THERAPY – “Hope is for Everyone”

Who is it for?

High quality Low Cost Psychotherapy is available for individuals who have a personal income of £12,000 or less, a combined family income of £15,000 or less, or for individuals who are on income benefits. To offer a fair service we would need to see some evidence. As the service is limited to 20 weeks we cannot offer psychotherapy to individuals who are currently experiencing acute addiction or severe mental illness as these require longer term psychotherapy support.

How many sessions are available?

The service is available for 20 sessions; however, you might find that you do not need all 20 sessions. Psychotherapy is weekly and we acknowledge that at times you might have to cancel a session due to personal circumstances. In this case we will need at least 24 hours notice and circumstances can be discussed with your therapist.

How much does it cost?

The cost per session is £15 and is payable at the beginning of each session to the therapist. Before starting therapy we offer a free initial consultation with your therapist to allow you to ask any questions you might have and to see if you feel comfortable with this particular therapist.

How long does it take to start therapy from my initial contact?

The answer is that we don't know. It depends entirely on the length of the waiting list and if individuals currently in therapy make use of all 20 weeks. We do however keep you up-to-date with any changes and can give you a rough estimate.

Who provides therapy?

Sessions are offered solely by psychotherapists working at the Centre. All therapists are members of professional bodies such as BACP, UKCP or ITA, have full professional insurance, and are in regular professional supervision.

What times are sessions available?

This depends on the availability of the individual psychotherapist. We try to match you up with the therapist who is available at times that suit you but we realize that this might not always be possible. We will however inform you of this or any changes as soon as possible.