

sage counselling  
bringing counselling to you



getting in touch

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bringing counselling to you



*'I am brighter and more positive'*

*'I can now look at problems in a different, more positive way'*

*'Feeling more confident about looking after my own needs'*

If you would like to:

- find out more about our service
- make a referral, or
- seek help for yourself

Please contact **SAGE Counselling** on:

Tel: **07585 141599**

Email: **admin@sagecounselling.org.uk**

Sometimes calls go through to an answering machine. Please speak slowly and clearly giving both your dialling code and number. We will call back as quickly as possible.

**SAGE Counselling** is now available in **Sussex, Hampshire** and in the **Southampton** area.

**SAGE Counselling**  
31 Wellington Road  
Chichester  
PO19 6BB

Tel: **07585 141599**

Registered Charity No. 1088917



**A home counselling service** for adults with **limited mobility**

Face to face, Telephone and Video Options Available



Supported with funding from West Sussex County Council



Sage Counselling gratefully acknowledges the award of a Discretionary Grant from Chichester City Council

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www.**sagecounselling**.org.uk

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## sage **counselling**

**SAGE** is a home counselling service for adults of all ages who have difficulty getting out, and who may be faced with:

- adjusting to change
- bereavement and loss
- death and dying
- disability
- emotional difficulties
- loneliness
- loss of independence
- relationship issues
- unresolved conflicts.

Our confidential service is suitable for both young and older adults who may have difficulty accessing traditional counselling services.



## our **service**

A **SAGE** counsellor will offer an initial interview to see if counselling might be helpful. If counselling is appropriate, we provide a weekly confidential visit usually in the client's own home. Our counsellors will also come out to a hospital, residential care home or nursing home.

Counselling provides an opportunity to explore problems and make sense of individual life stories. At times, it may involve coming to terms with things that cannot be changed.

Our counsellors respect clients as individuals with a need to make sense of their lives. We do not give advice, solve problems, or tell clients what to do.



## who **we are**

Our service is provided by qualified counsellors and counsellors-in-training. **SAGE** is a member of the British Association for Counselling and Psychotherapy (Membership No.118304) and our counsellors work within its code of ethics and receive regular supervision.

We receive referrals from a variety of sources including general practitioners, nurses, social workers, carers, relatives or friends. We also welcome direct contact from potential clients.

## how we are **funded**

**SAGE** is a registered charity and is dependent on whatever weekly contribution clients can afford, as well as donations and fundraising activities.