

## Client quotes

"At first I was sceptical of counselling but after a few sessions I realised that it was helping me to cope, and understand my situation. I now highly recommend it."

"I didn't know what Counselling was about to begin with. Now I get it and it's so good to be heard."

"My counsellor made me feel safe, respected and listened to. I was really worried about coming for counselling, but she couldn't have done more to help me relax and get out of the big black hole I had got myself in."



## How much does it cost?

Our aim is to offer rates that take account of what individuals can afford. After an initial assessment you will be offered subsequent sessions at a fair rate. We charge on a sliding scale based on your financial circumstances.

## How to get in touch

Phone the area number most convenient to you:

**Cambridge - 01223 233047**

**Peterborough - 01733 553166**

(when a receptionist is not available an answering service will take a message)

OR

Complete an online form:

[Book a counselling session](#)



Our receptionists (trained counsellors) will assist you by taking some basic details. You will then be offered an initial session with an experienced counsellor and you will have the opportunity to outline issues of concern to you. This session will also clarify if Evolve can offer the appropriate type of counselling for you. If you decide to proceed, the counsellor will arrange regular sessions with you.

## Do you need access to counselling services you can afford?



Evolve is a charity dedicated to removing the barriers to counselling by supporting everyone in the local community with counselling sessions at affordable prices for all.

[www.evolvecounselling.org.uk](http://www.evolvecounselling.org.uk)

## What is counselling?

Counselling is a means of helping you to work through any issues that you have, in your own way, at your own pace, and in your own time.

It is an opportunity for you to be listened to and explore your anxieties and fears without being judged.



## Why do people seek counselling?

People commonly seek counselling for:

- anxiety
- bereavement
- depression
- work related problems
- relationship issues

However, you can seek counselling for anything that is making you feel unhappy or discontented with your life.

## Where does the counselling take place?

- Remotely - we offer either telephone or video sessions.
- In Person - the rooms used by our counsellors are safe, confidential spaces and comply with all health and safety requirements.



## Confidentiality

Your counselling will be confidential.

An exception to this is if your counsellor feels that you or another person is at serious risk of harm.

Your counsellor will always try to discuss this with you before taking any action, and encourage you to take action yourself.

You will be given a copy of our confidentiality policy before you begin your counselling sessions.

## Who are we?



Evolve is a registered charity, established originally as Cambridgeshire Consultancy in Counselling (CCC) in 1978.

Our counsellors are professionally trained, supervised and committed to their own continuing professional development. We are an organisational member of the British Association of Counselling and Psychotherapy (BACP). All of our counsellors observe BACP's Code of Ethics and Practice.

We also work alongside other charities to provide our services to both their staff and their beneficiaries.

**We welcome support via donations and fundraising events.**

**You can read more about us at:**  
[www.evolvecounselling.org.uk](http://www.evolvecounselling.org.uk)

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