

## HELP SUPPORT US

Reach Out Counselling is funded by The National Lottery Community Fund and is **free** - but donations help to support even more people.

### Donations help to fund:

- Training for counsellors and facilitators
- Marketing materials
- Administration costs
- Venue and refreshment costs

To find out more about ways to donate and help support us, please visit:

[www.catalystsupport.org.uk/donate](http://www.catalystsupport.org.uk/donate)



*This has been life changing.  
I now feel like I am in control  
of my life.*



## GET IN TOUCH

**Tel:** 01483 590150

**Text:** 07909 631 623

**E:** [info@catalystsupport.org.uk](mailto:info@catalystsupport.org.uk)

**[www.catalystsupport.org.uk](http://www.catalystsupport.org.uk)**



@CATALYSTethos



@Catalyst\_support

Registered Charity No: 1075892

Company No: 3689561

## REACH OUT COUNSELLING

## FOR PEOPLE AFFECTED BY ALCOHOL AND DRUG USE



*The service you have provided  
helped me recover from a serious  
relapse and restore my dignity and  
order to my life*



  
**catalyst**  
HELPING PEOPLE CHANGE

 **COMMUNITY  
FUND**



## WHO CAN ACCESS COUNSELLING?

### Anyone who is:

- over the age of 18.
- reducing or has stopped using alcohol and drugs and want to address past or current issues impacting on their wellbeing.
- affected by a family or friends alcohol and or drug use.

## WHAT DOES REACH OUT COUNSELLING OFFER?

**Up to 12 weeks** of FREE counselling (face-to-face or telephone) from **trained counsellors** who receive supervision and development in line with the British Association for Counselling and Psychotherapy (BACP).

Counselling is offered in a variety of **venues across Surrey**.

“

*It has helped me to understand myself.*

*Given me confidence.*

*Helped provide a tool kit to anticipate or cope.*

”

## COUNSELLING IS INDIVIDUALISED BUT CAN HELP:

- Explore issues, past and present which are linked to lapse or relapses
- Work with difficult thoughts and feelings
- Develop strategies to regain control of your life

## HOW TO ACCESS COUNSELLING

**You can self-refer or be referred by other professionals i.e. GP's**

The team offer telephone and face to face assessment to explore what support you may need and will then discuss counselling and other support options based on individual needs.

