

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.

Voluntary donations are welcome

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

www.catalystsupport.org.uk/donate

If you are unable to make a donation, this will not affect the service you receive.



*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: reachout@catalystsupport.org.uk

www.catalystsupport.org.uk



@CATALYSTethos



@Catalyst_support

baap

British Association for
Counselling & Psychotherapy

Registered Charity No: 1075892

Company No: 3689561

REACH OUT COUNSELLING

ARE YOU CONCERNED
ABOUT YOUR DRUG OR
ALCOHOL 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 OUR SERVICE?

- individuals concerned about their drug or alcohol use
- individuals affected by someone else's drug or alcohol use
- people aged 18+ who are registered with a GP in Surrey

COUNSELLING CAN HELP YOU:

- Explore past and present life events linked to drug or alcohol use
- Work with difficult thoughts and feelings
- Develop strategies to improve your mental health and wellbeing

“

It has helped me to understand myself.

Given me confidence.

Helped provide a tool kit to anticipate or cope.

”

WHAT DOES REACH OUT COUNSELLING OFFER?

Catalyst is a member of the British Association for Counselling and Psychotherapy (BACP). Reach Out Counselling service offers:

- up to 12 weeks of free confidential counselling
- a non-judgemental and person centred approach
- face to face, telephone and online counselling
- all counsellors have specific training in drugs and alcohol

HOW TO ACCESS COUNSELLING?

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

You can contact us by calling, texting or emailing.

Tel: 01483 590 150

Text: 07909 631 623

Email: reachout@catalystsupport.org.uk

Once a referral has been received a member of our team will contact you to arrange an appointment to explore your needs and discuss how counselling can help you.

