



All about our counselling service

An Easy Read Version

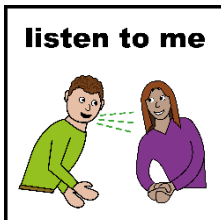


The Market Place (Leeds) is a company limited by guarantee incorporated in
England number: 02350125
Registered Office: 18A New Market Street, Leeds, LS1 6DG
The Market Place is a registered charity number: 701285

What is counselling?



A type of talking therapy with just you and a counsellor in the room

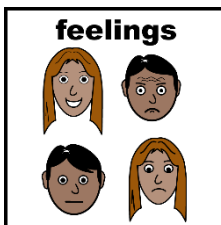


A counsellor listens to what you want to say



Counselling is somewhere to talk about:

- **things that are worrying you**
- **difficult things that have happened**
- **your feelings**





Your counsellor will help you to find ways to talk if it is hard to talk

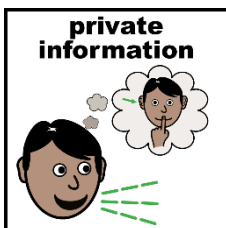


You can use creative ways to help you talk



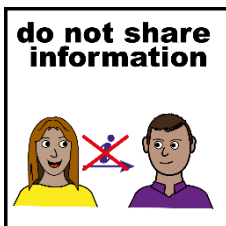
Your counsellor will help you to find ways to feel better

Confidentiality

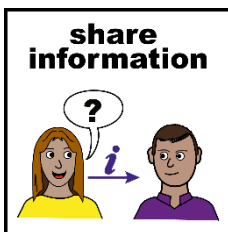


Counselling is private

The same counsellor each time



Your counsellor will not usually share information without asking you first



Your counsellor may share information about you and your sessions with a manager at The Market Place if:



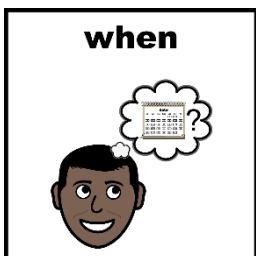
- **You or someone else is in danger or being hurt**



We will try to involve you if we need to share information with someone outside The Market Place.

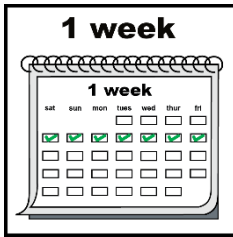
Sometimes we can't tell you before we share information.

About my sessions

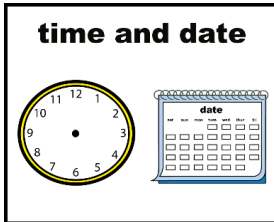


Counselling is available:

- Tuesday 3pm-6pm
- Wednesday 3pm-6pm
- Thursday 3pm-6pm
- Friday 3pm-6pm
- Saturday 1pm-4pm

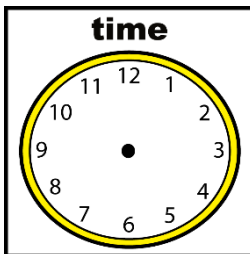


Sessions are once a week

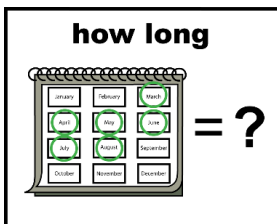


Same day and same time

We will agree with you what day and time



Sessions last for 50 minutes



The number of sessions you will be offered is:

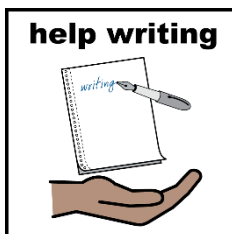
- **General Counselling 12 sessions**
- **Bereavement Counselling 6 sessions**
- **FACS (Fast Access) 4 sessions**

How Do I Get Counselling?

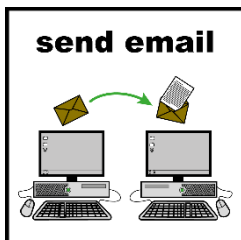
referral

1.	_____	☒
2.	_____	☒
3.	_____	☒
4.	_____	☒
5.	_____	☒

First you need to ask for a referral form.



You can get someone to help you complete the form or come to a Drop-in session



Email the referral form back to The Market Place

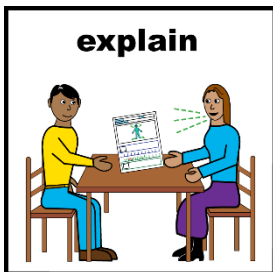


We will contact you with an appointment

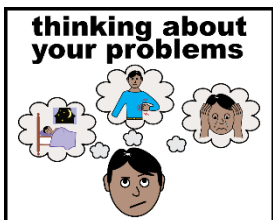


This appointment is not a counselling session but is for an assessment. We call this an Intro Session

What happens at my Intro Session (Assessment)?



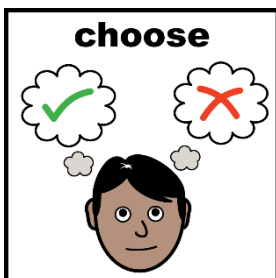
We explain what counselling is



We ask you about your problems and why you want counselling



You can ask questions



You choose if you want counselling or not



If you want counselling we put you on a waiting list



We phone and email you when you are at the top of the counselling waiting list

Contact us:

Tel: 0113 2461659 or

Email: referrals@themarketplaceleeds.org.uk

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