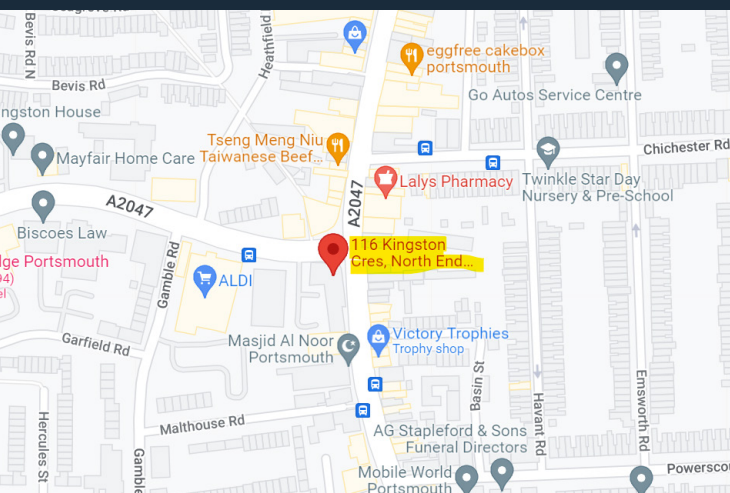




## Here for You

We will accept your details and arrange an initial appointment with a counsellor. The first session is free and will help you decide if counselling can support you with the changes you wish to make in your life.

We are based within Focus Point in North End above Advice Portsmouth.



## Our Address:

Counselling With You  
116 Kingston Crescent  
North End  
Portsmouth PO2 8AL

Supported by



## How can I contact Counselling With YOU?

Please contact us on:

Telephone:  
02392 794357

Email:  
[youcounsellingadmin@theyoutrust.org.uk](mailto:youcounsellingadmin@theyoutrust.org.uk)



*YOU: a family, creatively  
empowering people to thrive  
in their communities.*



## Registered Address:

Delme 1, Delme Place  
Cams Hall Estate  
Fareham, Hants PO16 8UX  
[feedback@theyoutrust.org.uk](mailto:feedback@theyoutrust.org.uk)  
[www.theyoutrust.org.uk](http://www.theyoutrust.org.uk)

The YOU Trust is registered in England no. 1898188  
and is a registered charity no. 291489



**Counselling  
With You**

**Affordable Counselling for Adults in  
Portsmouth**

## No one is an island...

Counselling With You is an inclusive, easy to access counselling service for all adults (18+ years) living, studying, volunteering, or working in Portsmouth.

We offer a safe and confidential environment where you can talk about the things that are preventing you from living the life you want.

Our friendly and professional team of volunteer counsellors will listen and help you talk the issues through, so things are easier to cope with and you can find a way forward.



## Working with you

We believe that to best support people in our community we need to work *within* our community. Counselling With You aims to offer a client-led service which provides you with the support you want.

Our fees are low cost so everyone can afford counselling. We work in partnership with many organisations in the city to improve the health and well-being of people living and working in our city.

The services we offer are private and confidential. We will tell you more about this.



## Building you

Counselling can promote your wellbeing and empower you to deal with issues in your life:

- Anxiety and depression
- Surviving historical trauma
- Impact of historical abuse
- Understanding your anger
- Grief and loss
- After-effects of a crime
- Stress due to debt or financial worries
- Family conflicts/Interpersonal relations
- LGBTQ+ issues
- Coping with poor health or illness
- Support for veterans
- Addictions
- Building self-esteem/confidence
- Coping with trauma

**Call on:** 02392 794357

**Email:** [youcounsellingadmin@theyoutrust.org.uk](mailto:youcounsellingadmin@theyoutrust.org.uk)

