

ABOUT OPEN DOOR COUNSELLING

Open Door is a leading provider of person centred counselling and has been offering a calm, confidential space for people to talk for over 50 years. Established in 1967 by a group of visionary counsellors and psychiatrists to serve the needs of vulnerable young people across Birmingham, we now provide a range of counselling services for people of all ages across the West Midlands.

READY TO TAKE THE FIRST STEP?

OPEN DOOR COUNSELLING

2 Greenfield Crescent
Edgbaston
Birmingham
B15 3BE
0121 454 1116

info@opendoorcounselling.org.uk
www.opendoorcounselling.org.uk

f facebook.com/TalkToOpenDoor

t twitter.com/TalkToOpenDoor

Open Door is a BACP accredited service. We are a registered charity (No. 112253) and company (No. 5476485).



**CHANGE
IS POSSIBLE**
AFFORDABLE
COUNSELLING
FOR PEOPLE
OVER THE
AGE OF 26



"THIS PLACE IS A HIDDEN GEM."



"WE COULDN'T HAVE DONE THIS WITHOUT YOU."



"I AM NO LONGER THAT VICTIM."

There are times in all our lives that we struggle, feel depressed, sad, anxious or lonely, or just feel we would benefit from talking things through. At Open Door we provide a professional, warm, and welcoming environment. Together with your counsellor you will have the time and space to express your thoughts and feelings.

WHAT IS COUNSELLING?

Counselling is a type of talking therapy which helps you understand your thoughts and feelings. You will see the same counsellor each week for a regular session in a private, confidential environment. This will be an opportunity to talk about anything that's troubling you, explore your feelings and think about how you might like things to be different.

At Open Door we use the person centred model of counselling. This approach is non-judgemental and non-directive. We don't give you advice, instead we listen and provide a supportive environment where you

can find your own answers. This can be very empowering, helping people to understand themselves better, live more fulfilling lives, improve their relationships with others, and build strength and resilience within themselves.

WHAT SORTS OF THINGS COULD I TALK ABOUT?

- Feeling sad, unhappy or lonely
- Feeling like you've lost your sense of purpose or direction
- Depression and/or anxiety
- Work stress
- Grief and bereavement
- Family or relationship issues
- Sexuality or gender
- Self-harm
- Suicidal thoughts and feelings
- Eating disorders

Whatever's troubling you, counselling can help you understand yourself and develop more effective coping strategies.

"THROUGH COUNSELLING SOME OF MY GREATEST LESSONS IN LIFE HAVE COME FROM LEARNING TO ACCEPT."

WILL EVERYTHING I SAY BE CONFIDENTIAL?

Yes. We will only ever share what you say with another person if we have reason to think that there is a risk of serious harm either to you or to another person. Your counsellor will explain our confidentiality policy to you at your first session.

HOW MUCH DOES IT COST?

Counselling can be very expensive, making it difficult for many people to access the support they need. At Open Door we offer an affordable rate of £20 per session.

HOW MANY SESSIONS WILL I NEED?

Together with your counsellor you will talk about the number of sessions you feel will be helpful for you – this can be between 6-12 sessions or more if required. You will never be pressured about how many sessions you should have, that will be your decision.

WHEN AND WHERE WILL THE COUNSELLING TAKE PLACE?

Counselling takes place at Open Door in our counselling rooms. We offer counselling sessions in the day or evening, and at weekends, so depending on availability you can usually choose a time that suits you best.

WHO WILL I SPEAK TO?

You will be allocated one of our trained counsellors and see the same person each week. Our adult counselling services are provided by a team of experienced volunteer counsellors, all recruited, selected and trained by Open Door. They undertake monthly clinical supervision, and are managed by our Chief Executive, who is a Senior BACP (British Association of Counselling and Psychotherapy) accredited counsellor and a qualified counselling supervisor.

Our counselling services are accredited by BACP. We work within the BACP's Framework for Counselling Professions and adhere to its complaints procedure. Please ask your counsellor for more information about this.