

## The Counselling Foundation:

The Counselling Foundation is a leading charity providing low cost, quality counselling for the better mental health of our communities.

Listening for over 40 years, our charitable mission aims to make counselling as accessible and affordable as possible.



## What is Counselling?

Counselling is a talking therapy within a safe and supportive environment where you can confidentially share anything that is troubling you and be listened to in a way that helps you understand yourself better.

Counselling appointments are held at the same time each week online, by phone or in person with trained practitioners.

Our aim is to support you in understanding yourself better to make constructive changes to improve your relationships and emotional wellbeing.

## Our Counselling Centres:

### Bedford:

Tavistock Yard, 58 Tavistock Street  
Bedford MK40 2RD  
01234 346 077  
bedford@counsellingfoundation.org

### Broxbourne:

Bishops College, Churchgate  
Cheshunt EN8 9XA  
01992 637 285  
broxbourne@counsellingfoundation.org

### Luton:

Hilde Eccles House, 70-72 Princess Street  
Luton LU1 5AT  
01582 732 450  
luton@counsellingfoundation.org

### St Albans:

1 College Yard, Lower Dagnall Street  
St Albans AL3 4PA  
01727 856 693  
stalbans@counsellingfoundation.org

### Stevenage:

Springfield House Community Centre  
24 High Street, Stevenage SG1 3EJ  
01438 357 775  
stevenage@counsellingfoundation.org

### Foundation Office

1 College Yard, Lower Dagnall Street  
St Albans AL3 4PA  
01727 868 585  
foundation@counsellingfoundation.org

[counsellingfoundation.org](https://www.counsellingfoundation.org)    

A charitable company limited by guarantee. Registered charity number 1014988. Company number 2713806.



## Here to listen to you

A counselling charity serving  
Hertfordshire and Bedfordshire

Passionate about promoting  
positive mental health

**bacp** | Accredited  
Service



## Our Services:

The Foundation welcomes applications from clients over 18 years old including couples. You can register for our service without needing a GP referral and be seen for as long as you need.

We are pleased to offer our services remotely via phone and online, depending on your preference and we have centres for in person counselling also.

When you make contact with one of our centres, you can talk to us about your preferences or discuss them when you have your assessment.

Our service is accredited by the BACP (British Association for Counselling & Psychotherapy), which is the largest governing body of counselling in Europe. This regulation means we conform to strict ethical guidelines and our organisation is regularly reviewed for clinical standards.

The Counselling Foundation is committed to equal opportunities and welcomes all into our service. We cater for clients with disabilities, please discuss with us your needs when you contact us.

## How can counselling help me?

Counselling can help with a wide range of concerns including:

- Abuse
- Addiction
- Anger
- Anxiety and stress
- Bereavement and loss
- Carer responsibilities
- Depression
- Divorce
- Eating disorders
- Family issues
- Health concerns
- Isolation
- Major life changes
- OCD
- Phobias and fears
- Redundancy and work issues
- Relationship difficulties
- Sexuality
- Trauma
- Violence
- Worry
- and anything else you would like to talk about

Please get in touch to see how counselling can help you. You do not have to be in crisis or on the verge of one, before choosing to have therapy.

Our clients have supported our work with comments such as:

“It really helped me feel like myself again.”  
“I didn’t think counselling was for me. Now I’ve finished I wish I had undergone sessions sooner.”

## Frequently Asked Questions:

Can I afford counselling?

The Foundation is a “not-for-profit” organisation, a charity whose aim is to make counselling more accessible and affordable to our communities.

As a part of our charitable provision, we offer low cost counselling that takes into account income levels and caters for people on benefits or low paid jobs

Where do I begin?

Contact your nearest centre by phone, email, post or complete an enquiry form on our website. You will be given further information and asked to complete a registration form. Once returned, we will arrange a meeting for you with a counsellor to start talking about your concerns

How quickly will I be seen?

Clients are usually offered weekly counselling sessions within 2-4 weeks following receiving your registration pack and having your assessment.