

As You Are

An introduction to
As You Are

**The Corner House
45 Southwick Street
Southwick
West Sussex
BN42 4TH**



**Counselling
Groupwork
Outreach
Training**

Company limited by
Guarantee registered
in England & Wales
No 6051023

Registered office
Trinity House
Foxes Parade
Sewardstone Road
Waltham Abbey
Essex EN9 1PH

Introduction

As You Are is a new organisation, which has been set up to provide affordable and accessible counselling to people living in Brighton, Hove, Portslade, Southwick, Shoreham, Lancing and Worthing.

The centre incorporates Here & Now Counselling and the team includes both experienced counsellors from Here & Now and new counsellors. Over the last 7 years Here & Now has built up a reputation and has been recommended by GPs in the area and by word of mouth.

Counselling

People come with a variety of difficulties including depression, anxiety and stress. They may be feeling overwhelmed by their feelings, unable to cope, having relationship difficulties or low self-esteem. They may have experienced difficult life events such as a bereavement, divorce or trauma.

Counselling provides a space for people to explore such difficulties and the opportunity to work through painful experiences in a safe, private and confidential environment. Counsellors will be accepting and understanding allowing you the freedom to explore and reflect on what's right for you. They won't give advice or be judgemental.

Professional service

All our counsellors are professionally trained or on a recognised training course and supported by supervision.

As You Are is a member of the BACP (British Association for Counselling and Psychotherapy) and we adhere to their Ethical Framework for Good Practice.

Initial assessment

The assessment session is free of charge and offers the opportunity to see if counselling is the most appropriate service for your needs. Confidentiality will be discussed at assessment.

To book an assessment please contact us on 07952 754859. You can also contact us on Monday and Tuesday evenings (6pm-9pm) and Saturdays (10-1pm) at the Corner House on 01273 871575.

Fees

We operate a sliding scale of £6.00 to £35.00 per session which is based on the client's ability to pay.

Sessions

At As You Are we offer 24 sessions in a private and confidential setting. Each counselling session lasts for 50 minutes and availability will be discussed at assessment.

Future developments

As You Are is looking to develop community-based services offering counselling, groupwork and outreach. The emphasis is on providing affordable, accessible and professional services in consultation with the people who want to access such services.

Some initial suggestions for groups include pre- and post-counselling groups, self-esteem, co-dependency, bereavement, facing divorce and men's groups. Groups will start in 2008.

Nicky Hitchcock (Service Manager) & Bea White (Development Manager)

**As You Are, c/o The Corner House, 45 Southwick Street,
Southwick, West Sussex, BN42 4TH
Tel 07952 754859 or 07507 706478
Tel 01273 871575 (Monday & Tuesdays 6-9pm and
Saturdays 10-1pm)**



Visit our website for further details www.asyouarecentre.co.uk

See overleaf for directions

Directions

We are based at The Corner House - the large cream-coloured house on the corner of Southwick Street and Southdown Road.



-  As You Are
-  Car park

By car

The Corner House is easily reached from either the coast road (A259) or the Old Shoreham Road (A270). Parking is not available at the Corner House and clients are requested to park in the public car park.

By bus

There are a number of buses running in the area including 2, 2A, 46, 46A and 700.

By train

There are regular train services at Southwick Station, which is about 5 minutes walk from the centre.