

## Professional Standards

TASHA Foundation is an organisational member of the British Association for Counselling and Psychotherapy (BACP). We adhere to the NICE guidelines. We undertake regular professional development and have full cover professional indemnity insurance.

## Supervision and confidentiality

When you talk to one of our counsellors, it is in confidence. All our Counsellors are supervised so some cases are discussed with supervisors, and this is also in confidence.

## About TASHA Foundation

TASHA Foundation provides counselling services, confidential support, holistic health care services, aftercare programmes, training projects, self-help opportunities and out-of-hours support to individuals affected by substance misuse or mental health difficulties.

We strive to provide a flexible range of support services and opportunities to our client groups.

TASHA Foundation is a Charitable Company Limited by Guarantee No. 3358266. Charity No. 1062805

## TASHA FOUNDATION OFFICES

### TASHA Foundation in Ealing

Unit 14, Windmill Place Business Centre  
Windmill Lane  
Southall  
UB2 4NJ  
Telephone: 020 8571 9981

### TASHA Foundation in Brentford

112 High Street  
Brentford  
Middlesex. TW8 8AT  
Telephone: 020 8560 4583



## TASHA Foundation

*Helping you to help yourself*

## Mental Health Helpline

6.00pm -9.00pm

**0208 560 6601**

*Seeking Help is a Positive Step.*



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# PERSONAL COUNSELLING

Make an  
appointment  
today



## TASHA Foundation

*Helping you to help yourself*

FOR MORE INFORMATION PLEASE CALL

**020 8571 9981**

[www.tasha-foundation.org.uk](http://www.tasha-foundation.org.uk)

## Helping you put it into words.

Some things are hard to express – they can be painful or difficult. Our Counsellors hope to create an environment where you feel safe to discuss your problems. They will listen without judging you, and they are skilled at helping you put your feelings into words.

## Everyone needs counselling sometimes.

In the past, people often turned to an extended family for support during painful or difficult times. Our qualified counsellors are here to listen and to help.

## Don't keep it to yourself.

Sometimes it is easy to pretend to yourself that the problem doesn't exist, but keeping problems to yourself only makes them harder to deal with it.

## Counselling *can* make all the difference.

Counselling can make it so much easier to face a problem and deal with it. Our counsellors are easy to talk to and it's great to know they are there to listen.

## What happens when I call?

We will give you all the information you need to decide if you would like to arrange an appointment for an initial assessment.

## No waiting time?

You can be seen very quickly, sometimes even immediately. We offer day and evening appointments in two locations, Brentford and Ealing.

## How many sessions will I need?

We suggest initially that you commit to six sessions. Together, we will review our work and you can decide on how you would like to proceed.

## How much does it cost?

There is a sliding scale, depending on your income. The first appointment is the assessment meeting and usually lasts about an hour. It is a fixed price of £10. Each session then costs between £20 and £40.

## What sort of counselling?

We have a number of counsellors who are highly trained in a number of different counselling approaches including Humanistic, Psychodynamic, CBT and Integrative models.

## Can counselling help me?

People seek counselling to help with a range of issues. Often the issues are linked.

- Addictions
- Anger
- Anxiety
- Bullying
- Bereavement
- Coping with financial issues
- Depression
- Drug use
- Family issues
- Lack of confidence
- Low self-esteem
- Panic attacks
- Phobias
- Relationship problems
- Stress
- Work issues

