

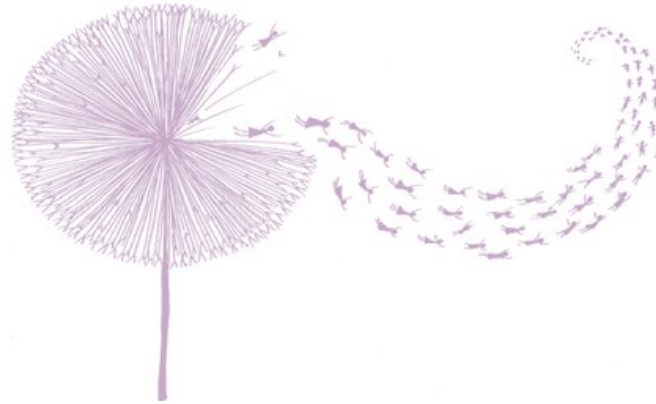
**The Women's Support Centre
(Surrey) is part of Women in Prison
– a charity that supports and cam-
paigns for women affected by the
Criminal Justice System.**

*"Finding yourself is not really how it
works. You aren't a ten dollar bill in
last winter's coat pocket.*

*You are also not lost. Your true self
is right there, buried under cultural
conditioning, other people's opin-
ions, and inaccurate conclusions you
drew as a kid that became your be-
liefs about who you are.*

*Finding yourself is actually returning
to yourself. An unlearning, an exca-
vation, a remembering who you
were before the world got its hands
on you. "*

Emily McDowell



For more information about the WSC
Counselling Service please contact:

Women's Support Centre Surrey

19 High Street

Woking

GU21 6BW

Phone: 01483 726621

Email: wscadmin@wipuk.org



***Counselling
Service***

***A free and
confidential
counselling service
for women in Surrey***

What is counselling?

- Counselling offers a safe space to talk through any difficulties in your life. It is a space to discuss and explore your experiences, feelings and concerns, with a trained professional, in a non-judgmental and non-directive way.
- Counselling is different from talking to friends or family, as you can say whatever you wish, without fear of being made to feel foolish or told what to do.
- Counselling can help people who have difficulties with depression, anxiety, self-harm, coming to terms with loss and change, problems in relationships, domestic violence, substance misuse, self-esteem, trauma and other difficult life experiences.
- Counselling is not advice, advocacy or practical support.
- Counselling provides emotional support in speaking about feelings and experiences.
- Counselling can help you to understand yourself better and make positive changes for the future.

What can the WSC Counselling service offer me?

- The WSC Counselling service is available for women in Surrey who are affected by the criminal justice system and/or at risk of offending.
- We offer up to 26 weeks of free confidential individual counselling with a trained counsellor.
- We provide self-development groups for women to share their experiences and support one another in making positive changes.
- We are independent from the criminal justice system.
- We work in accordance with the British Association for Counselling and Psychotherapy 'Ethical framework for Good Practice in Counselling & Psychotherapy'.



How can I get counselling?

- If you would like to access the WSC counselling service please ask your WIP worker, probation officer or another professional to refer you. It is possible for you to refer yourself as well.
- You will then be invited to an initial assessment session with a counsellor so you can get more information and decide if the WSC counselling service is right for you. If you decide you would like counselling you will then be added to the waiting list.

Confidentiality

Confidentiality is very important in counselling. We will not tell anyone that you have had contact with WSC/WIP or attended for counselling without your permission.

There are some very special situations where we would have to break confidentiality. These are generally concerned with situations where we have good reason to believe that you intend to cause serious harm to yourself or to someone else, or if child abuse is disclosed to us. There are also some situations where we might be legally obliged to disclose information.

Our Confidentiality Policy will be explained to you at the assessment session.