

Counselling pathway into service

Contact us by telephone or email for further information regarding our counselling services. We will then either send you further information or a referral form. A link to our referral form can also be found on our website.



Once we have received your completed referral form and confirmation of funding we will let you know whether there are any appointments available or if you have been added to our waiting list and how long you may have to wait.



Counselling costs £55 per hour and sessions are weekly. We recommend 16 Sessions for individuals with an Autistic Spectrum Condition. Counselling can be funded by the following methods:

- Privately funded
- Through your GP (This is via an Independent Funding Application through the Clinical Commissioning Group Panel)
- Through Social Services, your social worker or CPN



One free half hour session is available to come and meet a counsellor to see if this is the appropriate service for you. This can be before you start the referral process, whilst you are waiting for funding to be agreed or whilst you are waiting for an appointment.