

Name	Address & Telephone	Referral	Cost	Services Offered
A.C.T	Unit 5, The Valley Centre, Gordon Road, High Wycombe Bucks HP13 6EQ	24 hr answer-phone 01296 565674		Counselling for drug and alcohol related problems
Cruse Bereavement Care Chiltern and Beaconsfield	c/o The Free Church Woodside Road, Amersham Bucks HP6 6AJ 01494 722515	Telephone for appointment Young Persons Helpline 0808 808 1677 www.cruse.org.uk	No cost – but donations welcome £10 per session	One to one counselling in a person's own home after any bereavement plus various social groups
Cruse Bereavement Care High Wycombe	Oakley Hall, 8 Castle Street High Wycombe Bucks HP13 6RF 01494 511117 General Number 0844 4779400	By appointment only. Answer-phone will put you in touch with somebody ready to help. Available 24 hours per day www.cruse.org.uk	No cost – but donations welcome £10 per session	One to one counselling in a person's own home after any bereavement plus various social groups
M.P.F.Counselling	The Hub 7 Easton Street High Wycombe Bucks 01494 440199	Monday – Friday 9.00 – 9.00pm  24 hr answer-phone	Negotiable	Counselling for adults with personal or relationship problems, stress, bereavement, anxiety, depression Psycho dynamic counselling
Relate Mid Thames & Bucks	Redcot House Holmanleaze Maidenhead Berks SL6 8AW 01628 625320	Monday – Thursday 9:00am – 9:00pm	£47 per counselling session £50 per session (Saturday) but no one turned away for financial reasons	Relationship counselling, Family counselling, sexual therapy Appointments available in High Wycombe at Priory Centre Mon even Tues morning and evening
MIND	1 Priory Avenue High Wycombe HP13 6SQ 01494 448279	Telephone for appointment 10:00am – 4:00pm weekdays (Services 10 – 2)	Via care service order	Mental Health problems (by referral only i.e. care worker) Art therapy tuition /pc skills & others
Samaritans	149 Station Road Amersham Bucks HP6 5DJ 01494 432000 or 0845 909090	Telephone listening service. 24 hours. Drop in 10:00 – 22:00 7 days a week	Free	Support for those who are distressed, despairing or suicidal
Wycombe Counselling Service	260 Desborough Road High Wycombe HP11 2QR 01494 463364 24 hour answer-phone	Telephone or call in for an appointment Mon, Tues 09:00 – 13:00 & 16:30 – 20:30 Wed 5.30 – 9, Thurs 9 - 9	Donation – negotiable CBT min £15 per session	One to one counselling, CBT, Anger management, Art therapy, Children 4 – 12, young people, physiotherapy
YES – Youth Enquiry Service	52 Frogmoor High Wycombe Bucks HP13 5DH 01494 437373	Telephone 11:00 – 17:00 Monday to Friday Saturday 12:00 – 15:00 other times by appointment	Free	Free and confidential information and counselling on problems of all types for clients aged 13 - 25

## USEFUL TELEPHONE NUMBERS

Alleged Shoplifters, counselling	020 8954 8987
Asian Counselling	01494 539223
Childline	0800 1111
Debt Counselling	0800 0186081
HIV Counselling	01494 425650
Lesbian & Gay Switchboard	0207 837 7324
M.E. Counselling	08704 441836
Parentline Plus	020 7284 5500
Natural Parents (adoption)	0845 4565 031
Wycombe Pregnancy Crisis Care (PACES)	01494 523005
Citizens Advice Bureau	0844 4994108

[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

## COUNSELLING SERVICES IN THE HIGH WYCOMBE AREA

Unable to cope and want to change?

- difficulty with relationships?
- depression, anxiety, stress?
- isolation or loneliness ?
- scars of emotional, physical or sexual abuse ?
- trauma or life crisis ?
- health related worries ?

Counselling offers acceptance, confidentiality, time to explore the problem, and a trust relationship.

Counselling is available through several agencies in the High Wycombe area. Limited help is given by the NHS (ask your doctor) and Social Services without charge but most groups rely on clients' contributions to meet running costs.