

SUSSEX COUNSELLING

# Are you looking for a professional counsellor?

Would it help to talk about a crisis, relationships or some other issue in your past or present life? Do you need help to cope with anxiety, stress or anger?

Sussex Counselling's directory lists 150 fully qualified counsellors in private practice.

You can see a copy at

- your local reference library,
- your doctor's surgery or
- online at [www.sussex-counselling.co.uk](http://www.sussex-counselling.co.uk)

Or ring for a free copy from Sussex Counselling information line on 01273 732900 or write to PO Box 308, Brighton BN2 0WA



Sussex Counselling is a professional association of counsellors and psychotherapists seeking to promote high quality counselling practice and to support counsellors practising in Sussex. It is affiliated to the British Association for Counselling and Psychotherapy.