

# Our Counsellors



# Counselling Service

**How do I  
start  
sessions?**



Nicole - Lead Counsellor



Jo - Counsellor



Speak to Staff

Email our  
Counsellors



[counselling@oxfordgatehouse.org](mailto:counselling@oxfordgatehouse.org)



## What is counselling?

Counselling is confidential, dedicated safe space for you to explore and process what's going on for you at your pace

If you're feeling overwhelmed with your emotions, having difficulties in relationships, struggle with self-esteem or more - you don't have to go through this on your own

We're here to sit alongside you, without pressuring you to talk about things, and with no judgement

## How counselling can help

- Understand yourself better
- Learn coping skills
- Recognise patterns in relationships
- Safe space just for you, to express your thoughts/feelings
- Explore how to look after yourself
- Practice setting boundaries
- Increase self-esteem and confidence
- Improve wellbeing + ability to self-regulate
- And more...

## What to expect

Weekly sessions

50 minutes per session

Option of  
In Person / Online / Phone

20 counselling sessions

Free, confidential space

No pressure on what to bring or share