

Looking for Support?

If you are experiencing any type of emotional distress and need **someone to talk to**, please give Raphael a call.

Our counsellors can help people with many different **issues**, including:

Depression or anxiety
Illness or bereavement
Relationship difficulties
Family breakdowns
Panic attacks or eating disorders
Low confidence or self-esteem
Issues concerning sexuality and sexual or gender identity
Post traumatic stress – including the long term effects of the Holocaust

Raphael guarantees to provide a safe, welcoming, non-judgmental and **confidential** environment in which you can privately discuss your individual issues.

Following your initial contact, you will be offered an **assessment** and will then be referred to a Raphael counsellor, if appropriate. Please note that not all assessments lead to referral to a counsellor. However, if you are not referred to a Raphael counsellor, you will be advised about alternative help.

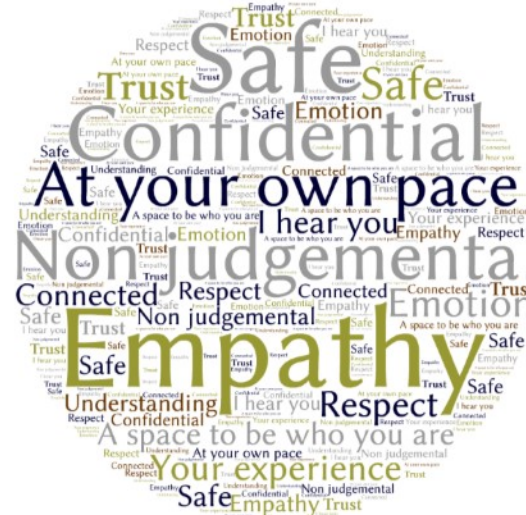
Fees will be assessed at a level **manageable** to you.



0800 234 6236

info@raphaeljewishcounselling.org
www.raphaeljewishcounselling.org
P.O.Box 172, Stanmore HA7 3WB

Registered Charity No: 1166313



Patrons:

Rabbi Laura
Janner-Klausner

Chief Rabbi
Ephraim Mirvis

Rabbi Joseph Dweck



The Jewish community's network
for anyone looking for
emotional support

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Why Raphael

Increasing numbers of people suffer from **depression**, low self-esteem, relationship difficulties and other kinds of emotional **distress**. Mental health has never been higher on the agenda and latest figures show that one in three British adults seek some type of counselling **support**.

Raphael's team of trained counsellors helps individuals and couples **cope** with the stresses and strains of modern life. Raphael's team has been providing counselling services to Britain's Jewish community for over 40 years.

As the only broad-based Jewish counselling service, Raphael draws support and patronage from every sector of the **community**. As a registered charity, we strive to keep the cost of our counselling services down, even offering concessions where individual circumstances apply, so that support is always **available** wherever it is needed.



Raphael is a member of the **British Association for Counselling and Psychotherapy** and all our counsellors are bound by the BACP's Ethical Framework for Counselling Practice.



All Raphael's counsellors are Jewish which means they are especially attuned to the concerns of **Jewish** people. However Raphael is not restricted to any particular sector of the Jewish community and can offer counselling to members of the community who are not Jewish.



The name Raphael derives from the '**Angel of Healing**' while the King David's harp featured in our logo was, in biblical times, associated with soothing troubled souls.



Able to OFFER Support?

Raphael welcomes applications from qualified **Counsellors** or trainees at an advanced stage who are prepared to offer their services and/or are seeking a placement.

info@raphaeljewishcounselling.org

Raphael would also be delighted to hear from any individual or organisation who can help either by **raising funds** or **sponsoring** client sessions. Raphael is funded entirely by the voluntary sector, which means we rely on donations to deliver our essential services to the community.

friends@raphaeljewishcounselling.org

