

HIV Information/Resources

NAM (provide numerous information booklets/factsheets)

Lincoln House
1 Brixton Road
London
SW9 6DE
Telephone 020 78400050
Email: info@nam.org.uk
Website: www.aidmap.com

Terence Higgins Trust

Tel: 08451 221200– helpline

www.tht.org.uk

Supported by



City Counselling Centre
320 Saxon Gate West, Central Milton Keynes
MK9 2ES
Tel: 01908 231131
Email: ccc.h4@btconnect.com
Web: citycounsellingcentre.org.uk

CCC Logo designed by Springetts.

Contact Number 020 7486 7527

Member Organisations at the City Counselling Centre

MK Bereavement Service		231292
BalencED-Eating Disorder Counselling		231131
Carers Milton Keynes		231703
Mk Family Mediation Service		231293
Farthing House Counselling Centre		667055
Lesbian and Gay Link	0800	5872246
Marriage Care		696677
Obsessive Compulsive Disorder Group		231131
Octagon Counsellors		696677
Phoenix Counsellors		200443
Relate		310010
Victim Support		607989
MK Women's Aid		271900
Youth Information Service		604700

Each of these organisations have their own management committees with their own codes of practice and confidentiality standards.

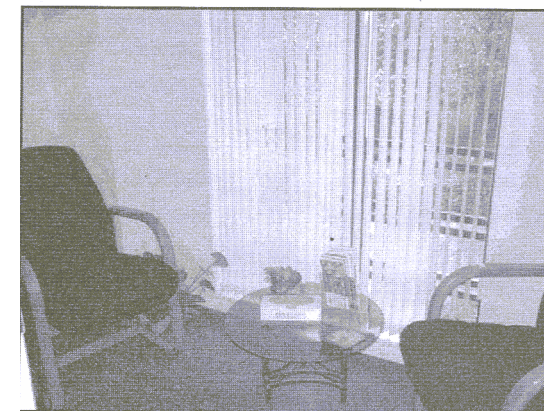
Some have their offices at the City Counselling Centre, and others use our premises on a sessional Basis

If you wish to know more about their work, you may contact them on their direct numbers



BACP ACCREDITED CENTRE

H4 Counselling



**Opening times at the
Counselling Centre**

**Monday – Thursday
9.30am– 9.30pm
Friday
9.30 – 4.30pm**

Telephone 01908 231131

Milton Keynes City Counselling Centre
Registered in England 05049781
Registered Charity No. 1104017

Counselling

People sometimes feel unable to cope with aspects of their past and present life. They could have worries about the future and need to talk to someone to explore their thoughts and feelings in a confidential setting.

Counselling is a process over a period of time, by which a person sometimes can discover their own answers and feel more comfortable with their life and relationships.

HIV Counselling Service

Referral to H4 can be made either by self referral, or by a key professional. To make an initial appointment contact the H4 counselling Co-ordinator based at the City Counselling Centre. Tel. 01908 231131 or by Email: ccc.h4@btconnect.com

Clients are entitled to up to 10 sessions of counselling in order to help and support them work through any issues that have arisen following their HIV diagnosis. The first session will be to explore your specific needs and if appropriate you will be offered a further 9 sessions with one of our team of counsellors.

The Counsellors at the City Counselling Centre will help with the following difficulties:

Relationships with partners and family members

Developing coping strategies

Assertiveness

Stress Management

Bereavement/Loss

Life Changes

Moving On

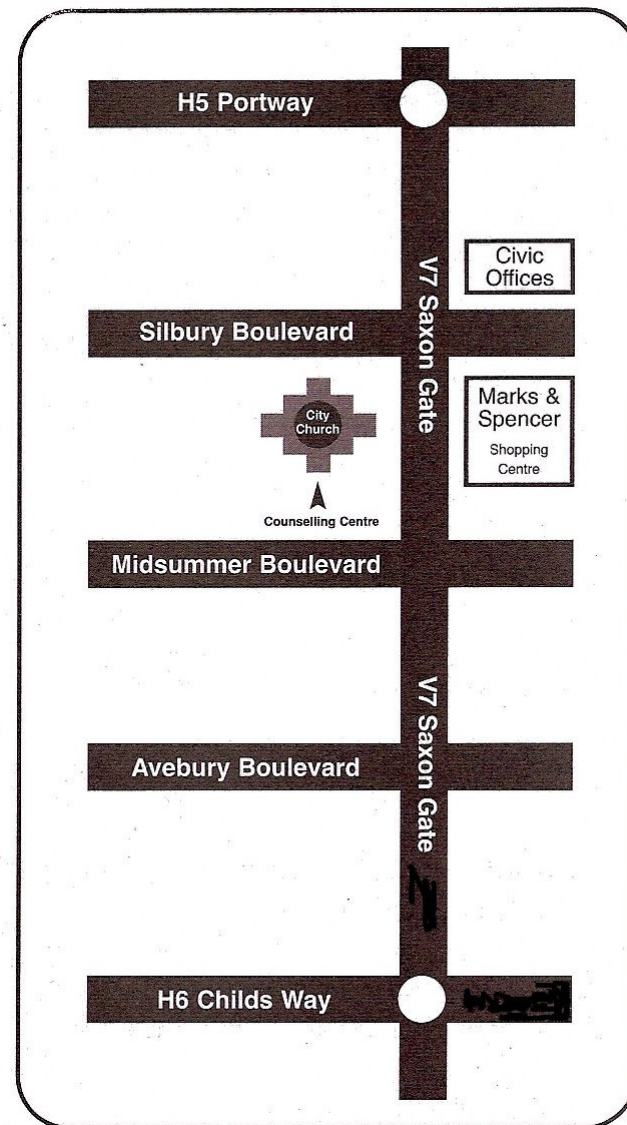
Confidentiality

All that takes place within the counselling relationship is confidential. Only when the client or another person is at serious risk would the counsellor, with the clients full knowledge, refer the matter to another agency.

A minimum of personal information is requested from clients. This is kept securely and is used to compile anonymous statistics. This enables the CCC to support their bids for funding and show that the service is being widely used by the caring community.

Funding

The City Counselling Centre is a registered charity. This service is financed by Milton Keynes Council.



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