



# 1-2-1 Counselling

## Guidance on voluntary contributions

**1-2-1 Counselling** is an independent, voluntary organisation which relies entirely on regular donations to meet our costs. We're committed to providing counselling regardless of a person's ability to pay. Whilst nobody is refused help through lack of funds, we ask that you consider a realistic level of contribution.

Our counsellors are professionally trained and belong to a professional counselling body. The service is an organisational member of the British Association for Counselling and Psychotherapy. 1-2-1 counsellors give their time on a voluntary basis, enabling us to keep costs to a minimum. Each session costs around £12 to provide (whereas private counselling costs the client at least £40 per session.)

It may be helpful to consider the table below when deciding whether and how much to contribute. All contributions are gratefully received and go towards ensuring that we can continue to provide a service to all who need it.

Contributions are open to review at any time if your circumstances change.

<b>After essential expenditure your weekly income remaining is:</b>	<b>We suggest a contribution per session of:</b>
Under £45	£5 or what you can afford
£45 – £65	£5 – £10
£65 – £85	£10 – £15
£85 – £95	£15 – £20
£95 and above	£20 – £35