

Care counselling at Sunbridge

Cast all your cares upon Him for He cares for you



Are you struggling to cope with:

- physical or terminal illness
- relationship breakdown
- bereavement and loss
- a crisis situation
- depression
- low self esteem

Sometimes comes a point in our lives when routine just seems too much to cope with our own. There is **no** shame in asking someone for help in these times.

Care Counselling is available for anyone who feels that they would like some support, either for a short time or for a longer time.

Never feel a problem is too small or too big to share with someone that will be happy to pray with you and **for you**.

Care for our Sunbridge family members.

You are NOT alone; use the available support in times of need.

No-one else needs to know about your request.

Referral to a highly qualified Christian counselling service



Care Counselling with initial contact via confidential phone number to Ian Thompson or Alison Horsley OR personal one-to-one contact



Prayer team support available after the service



Visiting Team Sick Visiting team (Judith Dyson or Jay Ramtohol)


Pastoral visits (Pastor Phil or Pastor Tony)

CAP money; debt counselling/ budgeting advice (Alison Horsley/Ian Thompson)

Mobile No. 07400604575

AFTER RINGING THE DEDICATED MOBILE NUMBER ALISON OR IAN WILL BE IN CONTACT AND ARRANGE TO MEET. INITIALLY THIS WILL BE IN THE **STRICTEST CONFIDENCE** AND NO ONE ELSE WILL KNOW THAT YOU HAVE ASKED FOR SUPPORT.

Many times talking to someone who isn't immediately close to you is easier.




IF YOU FELT YOU WISHED TO USE THE SERVICE OF A **PROFESSIONAL** COUNSELLOR, WE RECOMMEND A CHRISTIAN ORGANISATION, CALLED UNITED CHURCHES HEALING MINISTRY COUNSELLING SERVICE (UCHM). **UCHM** OFFERS HIGH QUALITY SERVICE WITH **NO** SET CHARGE, BUT THEY DO ASK CLIENTS TO MAKE A DONATION TO CONTINUE THEIR SUPPORT & SERVICES.

Visit their website for full details and how to contact them:

<http://umhm.org/Counselling>

Alternative you may call them on 01484 461098



DON'T STRUGGLE ON ALONE; THERE **IS** SUPPORT AVAILABLE TO HELP YOU RESTORE STRENGTH, BOTH SPIRITUALLY AND EMOTIONALLY.

OUR AIM IS TO PROVIDE A CARING AND COMPASSIONATE PLACE TO SUPPORT THOSE IN NEED AND IF NECESSARY TO REFER INDIVIDUALS FOR PROFESSIONAL COUNSELLING.