

**Appointments are available
in-person, online, or by phone**

Counsellors at WCCSS are affiliated
with **The Irish Association of
Counselling and Psychotherapy
(IACP)**

or

**The Irish Association of Humanistic
Integrative Psychotherapy (IAHIP)**



Scan QR Code
to reach our website
www.wccss.com

***Our mental health is just as
important as our physical health***



**To arrange an appointment with
a professional counsellor**

Phone: 023 8856852

Email: info@wccss.com

Mobile: 087-6475664

website: www.wccss.com



**DUNMANWAY
AND
SKIBBEREEN**

Company Registration No.: **483889**

CHY No.: **19165**

Charity Regulatory Authority No. **20074814**



Sláinte Ghnéis &
Clár um Thoirchis Ghéarchéime
**Sexual Health &
Crisis Pregnancy Programme**



Stronger Charities.
Stronger Communities.

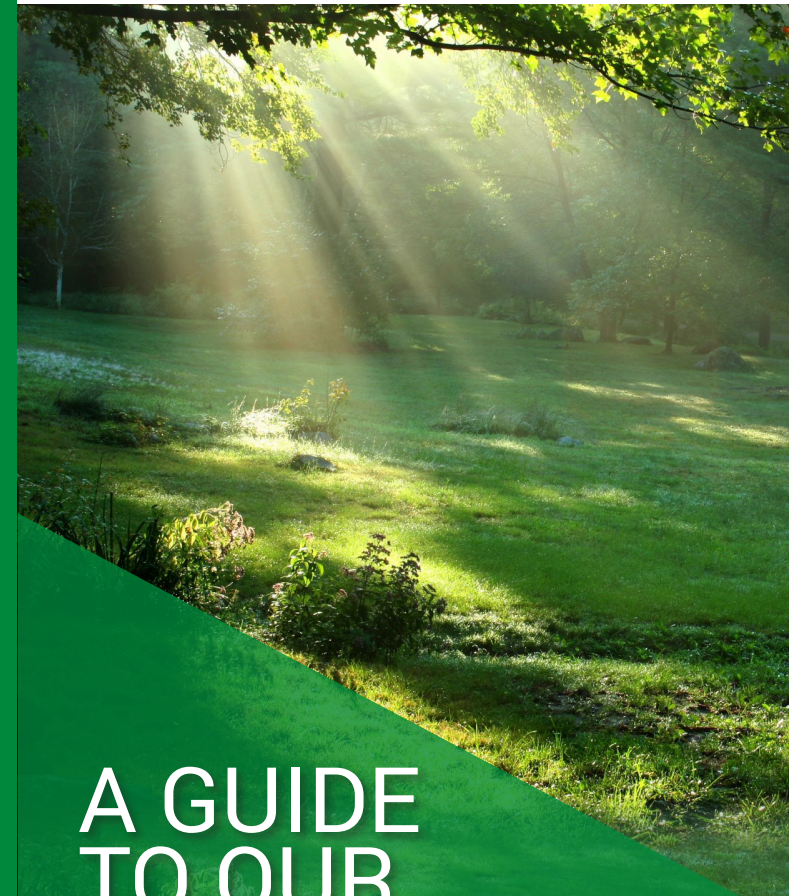


An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



**West Cork
Counselling
& Support
Services**

Compassionate Conversations



**A GUIDE
TO OUR
SERVICES**

www.wccss.com

At **WCCSS** we provide affordable and accessible counselling to support the mental health and wellbeing of individuals across the West Cork region.

Our counsellors work with clients experiencing a wide range of emotional and psychological difficulties to help them bring about effective change and/or enhance their wellbeing.



WHO ARE OUR SERVICES FOR?

We provide a low-cost counselling service to anyone over the age of eighteen, residing in West Cork.

OUR SUPPORT SERVICES

In addition to our counselling services we provide information on other voluntary and statutory organisations, services and groups operating in the West Cork region.

CONTACT OUR COUNSELLING SERVICE

if you find yourself affected by any of the following or any issue that you would like to explore eg:

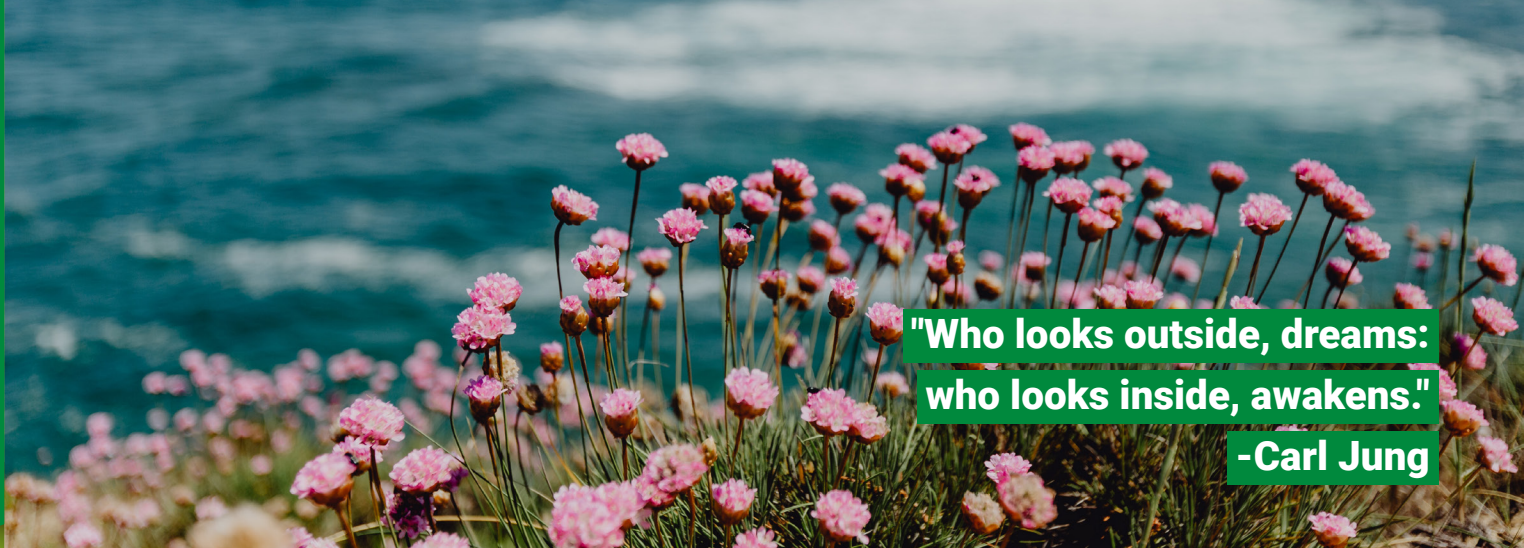
- Anxiety
- Bereavement
- Family Relationships
- Grief and Loss
- Illness and Health Related Issues
- Isolation
- Low Mood
- Marital Difficulties
- Parenting or Parental
- Self-Esteem Personal Development
- Separation / Divorce
- Stress
- Transitional Issues
- Unemployment / Redundancy
- Work-Related Stress
- Trauma or Abuse

This is not an exhaustive list

We also provide a free Specialist Counselling Service for Unplanned/Crisis Pregnancy and Post Termination Support.

**"Who looks outside, dreams:
who looks inside, awakens."**

-Carl Jung



"Counselling can help if you are seeking help for stress that is impacting your everyday life. This can cause feelings of sadness, exhaustion, anxiety, depression or interfere with your diet, sleep, cognitive ability, physical and mental health".

At WCCSS clients receive a warm welcome and a confidential, non-judgemental, inclusive, person-centered and non-directive counselling service.



LOW-COST SUBSIDISED SERVICE

Guidelines to our Fees

€10 - €20	Social Welfare Recipients
€20 - €35	Medical Card Holders
€35 - €50	All others

Payment can be made by cash, card or bank transfer
Donations Accepted