



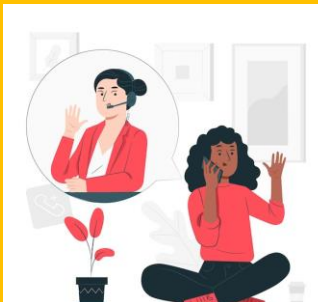
Cogwheel Counselling

Registered Charity 1157141

Affordable help when life slips out of gear

What to expect when you register with us:

First, you will need to register for a 15-minute call with a member of our friendly administration staff. You can do this via our website at <https://www.cogwheel.org.uk/> or email us at admin@cogwheel.org.uk.



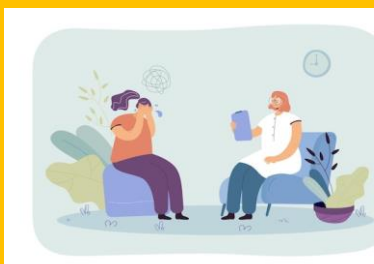
When you have your call with the team, we will explain a little more about the service, ask for some basic information, and give you a chance to ask any questions you may have!

Once you have registered with Cogwheel, and we have ensured we are a suitable service for you, will be offered an initial assessment appointment within a few weeks.

The assessment appointment will be a chance to talk with a counsellor about the difficulties you are experiencing, and to think about how counselling with Cogwheel will be helpful to you. This can be carried out in person or remotely at either Cambridge or Sawston.



If we can help you, you will progress forward to the Counselling waiting list. When we offer you an appointment you will meet with your Counsellor at the same time each week and can have up to 20 sessions. This also can be carried out in person or remotely at either Cambridge or Sawston for our Adult Counselling. Our children's counselling takes place in person in Cambridge only.



Please contact us with any questions you may have via phone on [01223 464385](tel:01223464385) (available 10am to 4pm weekdays) or email at admin@cogwheel.org.uk at any time.