Care To Listen

Charity No: 1215028

Low Cost Counselling in Croydon & South-East London
Training future Counsellors at CTL School of Counselling

Why Choose Care To Listen?

Care To Listen is a reputable local charity (No. 1215028) that has been offering affordable, confidential, and compassionate counselling since 2007. Our team of ethically responsible counsellors is dedicated to helping individuals and couples feel heard, understood, and empowered. Counselling helps to transform lives and in many circumstance, it can help save lives.

Key Benefits

- Affordable Sessions: Low-cost therapy available for all income levels
- Multilingual Support: We provide counselling in over 30 different languages
- Flexible Options: We offer in-person, online, and remote sessions to suit your needs
- Inclusive Approach: Welcoming individuals from all backgrounds
- Trusted Experience: Over 18 years of service to the community

What does Care To Listen offer?

Counselling Services

- One-to-One Counselling: Personalised support designed to meet individual needs
- Couples & Relationship Counselling: Enhancing relationships and improving communication
- Counselling in 30+ Different Languages: Therapy available in a client's native language with alongside English administrative support
- Adult Neurodiverse Service: Tailored to the needs of neurodivergent adults, helping them improve their mental health, build resilience whilst understanding the challenges they can face
- Working with Parents and Children in Schools: Working collaboratively with parents, children and schools to improve school attendance, address barriers to learning and support children and paretns emotional wellbeing and engagement with education.

Training & Education

- Introductory level courses through to Diploma level Courses at CTL School of Counselling: Comprehensive counselling training accredited by CPCAB and BACP
- Personal Development: Programs aimed at enhancing communication and relationship skills
- Placement Opportunities: Invaluable experience in a well respected practice
- CPD programme for practicing professionals

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Get Involved

Your support helps us provide accessible, affordable, and compassionate counselling to those who need it most in Croydon. There are many ways you can make a difference:

💙 Donate💙

Every donation plays a crucial role in keeping our fees affordable, maintaining a safe and welcoming environment, and covering essential operational expenses. Your generosity directly benefits those in need of mental health care.

💻 **Invest in our Operation Costs**

Support our counsellors and management team by contributing to essential funds to keep our service running and pay towards vital resources. For example, many of our Counsellors work on a voluntary basis, however if hope to offer them reduce reimbursement in funds allow. We also need to maintain solid GDPR and secure IT systems to hold client records

🪑 **Enhance Our Facilities**

Assist us in creating warm, comfortable, and secure spaces for counselling sessions. Your support significantly impacts the quality of the environment we offer our clients.

🌟 **Offer Your Expertise**

Whatever your area of expertise, it is valuable to us! We welcome voluntary services like advertising and promoting our services, providing rooms for our sessions or hosting any type of fundraising event!

🤝 Partner With Us 🤝

Partnering not only benefits the community but also brings value to your organisation:

🌟 **Increased Brand Visibility:** We'll showcase your sponsorship on our website and branded materials, boosting recognition for your organisation.

💼 **Staff Wellbeing Support:** We can collaborate with your HR team to offer reduced-fee counselling sessions for staff, similar to an employee assistance programme, available both in person and online.

🌍 **Corporate Social Responsibility:** Show your commitment to building a healthier, safer, and more inclusive Croydon by contributing to Care To Listen and supporting the society that lives around your business.

www.caretolisten.co.uk
enquiries@caretolisten.co.uk

bacp Accredited Service