

<u>Counselling Service</u>	<u>Address & Telephone</u>	<u>Referral</u>	<u>Cost</u>	<u>Services Offered</u>
One Recovery Bucks (formerly ACT & Oasis)	Oasis House, George Street, High Wycombe, HP11 2RZ Tel:0300 7729 672	Telephone for an appointment		Counselling for drug and alcohol related problems. www.onerecoverybucks.org
Chiltern Counselling (CPF)	9a Market Square, Chesham, HP5 1HG Tel: 01494 786024	Telephone for an appointment	Scale of contributions depending upon income	General counselling for adults.
Cruse	Oakley Hall, 8 Castle Street, High Wycombe, HP13 6RF Tel: 01494 511117	Answerphone will put you in touch with somebody ready to help	Free	Counselling support following bereavement. Social groups meet on a regular basis. www.cruse.org.uk
Mind	16-18 Easton Street, High Wycombe, HP11 1NR Tel: 01494 448279	Telephone for advice on where to get help	Cost negotiable, flexible contract with each counsellor	Relationship counselling, past events, worries, stress, etc www.wycombemind.org.uk
South Bucks Counselling (formerly MPF)	The Cottage behind The Hub, Easton Street, High Wycombe, HP11 1NJ Tel: 01494 440199	Answerphone No crisis counselling	Upon application	General counselling for adults Appointments available in Marlow www.southbucks counselling.org
Relate	High Wycombe Relate Kite Ridge Centre (opp 29 Verney Avenue) HP12 3NE Tel:	Crisis counselling Telephone for appointments	£47 per session, negotiable No-one refused through inability to pay. Saturday's £50	Relationship counselling. Appointments available in High Wycombe at Priory Centre www.relate.org
Samaritans	149 Station Road, Amersham, HP6 5DJ Tel: 0330 0945717	Telephone service – 24 hrs Drop in 10am-10pm No appt needed 7 days a week	Free	Support for those who are distressed, despairing or suicidal. www.samaritans.org.uk
Mind Bucks - Wycombe Counselling Service	260 Desborough Road, High Wycombe, HP11 2QR Tel: 01494 463364	Telephone or call in for an appointment	Donation - negotiable	General counselling, therapeutic group for people with acquired physical disability www.bucksmind.org.uk
Youth Enquiry Service (YES)	53 Frogmoor, High Wycombe HP13 5DG Tel: 01494 437373	Telephone or email to arrange an appointment yeswycombe@hotmail.co.uk Drop in Mon-Thurs 11am-5pm Fri 12pm-3pm	Free	Free & confidential information & counselling on problems of all types for young people aged 13- 25. www.youthenquiryservice.org.uk
Citizens Advice Bureau	15 Queen Victoria Road, High Wycombe, HP11 1BB Tel: 0808 278 7938	Telephone for an initial conversation with an assessor	Free	Debt, Housing, Employment, Family & Personal Matters Immigration & Nationality, Benefits, Consumer, Education, Taxes, Health www.adviceguide.org.uk

