

<b><u>Counselling Service</u></b>	<b><u>Address &amp; Telephone</u></b>	<b><u>Referral</u></b>	<b><u>Cost</u></b>	<b><u>Services Offered</u></b>
One Recovery Bucks (formerly ACT & Oasis)	Oasis House, George Street, High Wycombe, HP11 2RZ <b>Tel: 0300 7729 672</b>	Telephone for an appointment		Counselling for drug and alcohol related problems. <a href="http://www.onerecoverybucks.org">www.onerecoverybucks.org</a>
Chiltern Counselling (CPF)	9a Market Square, Chesham, HP5 1HG <b>Tel: 01494 786024</b>	Telephone for an appointment	Scale of contributions depending upon income	General counselling for adults.
Cruse	Oakley Hall, 8 Castle Street, High Wycombe, HP13 6RF <b>Tel: 01494 511117</b>	Answerphone will put you in touch with somebody ready to help	Free	Counselling support following bereavement. Social groups meet on a regular basis. <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>
Mind	16-18 Easton Street, High Wycombe, HP11 1NR <b>Tel: 01494 448279</b>	Telephone for advice on where to get help	Cost negotiable, flexible contract with each counsellor	Relationship counselling, past events, worries, stress, etc <a href="http://www.wycombemind.org.uk">www.wycombemind.org.uk</a>
South Bucks Counselling (formerly MPF)	The Cottage behind The Hub, Easton Street, High Wycombe, HP11 1NJ <b>Tel: 01494 440199</b>	Answerphone No crisis counselling	Upon application	General counselling for adults Appointments available in Marlow <a href="http://www.southbucks counselling.org">www.southbucks counselling.org</a>
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 <a href="http://www.relate.org">www.relate.org</a>
Samaritans	149 Station Road, Amersham, HP6 5DJ <b>Tel: 01494 432000</b>	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. <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>
Mind Bucks - Wycombe Counselling Service	260 Desborough Road, High Wycombe, HP11 2QR <b>Tel: 01494 463364</b>	Telephone or call in for an appointment	Donation - negotiable	General counselling, therapeutic group for people with acquired physical disability <a href="http://www.bucksmind.org.uk">www.bucksmind.org.uk</a>
Youth Enquiry Service (YES)	53 Frogmoor, High Wycombe HP13 5DG <b>Tel: 01494 437373</b>	Telephone or email to arrange an appointment <a href="mailto:yeswycombe@hotmail.co.uk">yeswycombe@hotmail.co.uk</a> 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. <a href="http://www.youthenquiry service.org.uk">www.youthenquiry service.org.uk</a>
Citizens Advice Bureau	8 Easton Street, High Wycombe, HP11 1NJ <b>Tel: 0344 2451289</b>	Telephone for an initial conversation with an assessor	Free	Debt, Housing, Employment, Family & Personal Matters Immigration & Nationality, Benefits, Consumer, Education, Taxes, Health <a href="http://www.adviceguide.org.uk">www.adviceguide.org.uk</a>