

RAPHAEL THE JEWISH COUNSELLING SERVICE



What is Raphael? A registered charity for over 30 years, Raphael provides a wide range of counselling services to individuals and couples whose relationships and feelings cause them distress at home, at work or socially. They may be dealing with bereavement, illness, relationship difficulties, trauma, depression, anxiety, lack of confidence, low self esteem, or generally struggling with the daily stresses of life.

Our highly skilled, voluntary counsellors provide a safe, confidential, non-judgemental space in which thoughts and feelings can be discussed. Clients can self-refer, or be referred by family, friends, GPs, Rabbonim, or welfare organisations.

Clients come to Raphael for a safe haven to discuss their emotional problems, often because they have no-one else to whom they can turn, or because they simply don't want to divulge their feelings to those closest to them. Maybe they think their problems will be summarily dismissed or maybe they just don't want 'to trouble anyone'. Adults, unlike children, are good at masking their real feelings, at pretending that all is well.

To learn more about Raphael and the services it provides, or to read about it in our clients' own words, please visit our website.

Take the next step ...

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