

## **Jewish News Advertorial – December 2009**

When you are feeling overwhelmed by stress, trauma, bereavement issues or relationship problems, how do you cope? You can't always speak to family and friends. You might not want to bother them or you really don't want to tell them what is going on. Also, you might think they won't understand what you are going through and, therefore, be unable to help you.

The skilled professional counsellors at Raphael Jewish Counselling Service understand and provide a safe, confidential, non-judgemental space in which your thoughts and feelings can be discussed. They know how difficult it is for you to talk about the problem and take the first step by making a phone call.

For 30 years Raphael has been providing a unique and vital service to all Jews, both individuals and couples, living or working in London and the Home Counties. Raphael is a registered charity and clients pay according to their means; no-one is turned away for financial reasons. So if you, or someone you know, might benefit from our services, phone 0800 234 6236 - a trained counsellor will respond to your message, usually within 24 hours. Further information can be found at [www.raphaeljewishcounselling.org](http://www.raphaeljewishcounselling.org)