



You can find lots of things on the Internet simply by putting in a word or phrase and clicking the mouse. The trouble is you then have a whole list of possibilities to choose from and it could take a considerable amount of time to come up with exactly what you are looking for – and sometimes you don't even find it. What then?

And what about those who have no ready access to computers, or wouldn't know how to use them if they did?

Or those who have access via a friend or family member, but don't want that person to know what they are looking for?

I can only answer this from one perspective – those who are seeking help because they are having emotional problems due to, say, relationship difficulties, bereavement, anxiety, stress or employment problems. What do they do?

Raphael, the Jewish Counselling Service, is always there to help. The skilled professional counsellors at Raphael provide a safe, confidential, non-judgemental space in which thoughts and feelings can be discussed.

As a charity, Raphael's services have been available to all Jews, both individuals and couples, for over 30 years; clients pay according to their means and no-one is turned away for financial reasons. So if you, or someone you know, might benefit from Raphael's services, phone 0800 234 6236 - a trained counsellor will respond to your message, usually within 24 hours.

Oh yes, and Raphael does have a website, if you happen to have access to a computer - www.raphaeljewishcounselling.org!

Pesach 2010