

## **Pills, Potions, Or Professional People (Jewish News Advertorial - March 2008)**

**Jack Lynes, Trustee of RAPHAEL JEWISH COUNSELLING SERVICE**

COUNSELLING is in the headlines. Pills and potions are not only costly but in many instances have been shown to be less than effective. Medicine certainly has a part to play in helping some forms of depression but it is true to say that effective counselling is more likely to get to the heart of the many 'can't cope' problems which so many suffer silently. And the danger of possible side effects of prescribed medicines can be thrown aside. Raphael Jewish Counselling Service, widely regarded as London's premier professional service for Jews of every persuasion, offers counselling to individuals and couples. It is a registered charity. Clients pay according to their means and no-one is turned away for financial reasons. Our counsellors are caring and conscientious. And of course, the service is strictly confidential. Phone 0800 234 6236 and you will be contacted, usually within 24 hours, and have the opportunity to discuss what might be possible. If you have a relative or friend who you think might benefit it really is a Mitzvah to let them know about us.