

ROOM HIRE

We have rooms we can hire out to private counselling practitioners and other individual therapists or groups.

Weekdays and weekends available.

Please email admin@otr-norfolk.org.uk for more details



Off the Record Counselling Service (Norfolk) Ltd

Registered Charity No. 1088504.

Incorporated under the Companies Act 1985 no. 3974890

Off The Record is an organisational member of The British Association for Counselling and Psychotherapy.

It is bound by the BACP Ethical Framework for Good Practice and its Complaints Procedure.

HOW TO FIND US



We are located at Willow Lane House on Willow Lane, just off of St. Giles, Norwich.

Willow house is accessible for wheelchairs, and we are able to provide a downstairs room for those who cannot manage stairs.

If travelling in by Bus the nearest stops would be St Stephens, Red Lion Street & Castle Meadow.

Unfortunately, we do not have any parking available on site. We are however close to St Giles, The Forum & Chapel Field Car Parks or there are various parking places (chargeable) on and around St Giles.

Off The Record Counselling Service

www.otr-norfolk.org.uk

Trauma

Anxiety

Relationships

Bereavement & Loss

Depression

Stress

Abuse

Low Self Esteem

Willow Lane House
9 Willow Lane
Norwich
NR2 1EU
www.otr-norfolk.org.uk
info@otr-norfolk.org.uk
01603 626650

WHAT IS COUNSELLING?

Counselling is based upon a special kind of relationship between the client and a trained counsellor.

It offers you an opportunity to explore issues in a safe and respectful environment that is confidential and non-judgemental.

It does not impose any sets of values on you or judge the way you choose to live your life.

WHAT WILL IT COST?

Off The Record's aim is to always make counselling as affordable as possible and that a session is less than that for private counselling. None of our counsellors takes a wage, they are all volunteers who donate their time so we can keep our running costs down and make sure we can continue to offer low-cost counselling sessions.

However, because we do not get any funding from the Government or the NHS, to help maintain a professional counselling service and cover the costs of running Off The Record we have to rely largely on the donations you pay for your counselling sessions.

Donations are related to your ability to pay.

Lower cost sessions are available for people with severely limited incomes to ensure that counselling is available to all.

Further information can be found on our website.

ABOUT Off The Record

Off The Record Counselling Service (Norfolk) is a non-profit organisation which offers affordable counselling and psychotherapy to anyone over 18yrs by a team of qualified counsellors and counsellors who are on placement whilst studying for their Counselling Diploma

- Some of the approaches we offer include:
 - Integrative Therapy,
 - Person Centred Therapy,
 - Psychodynamic therapy and
 - Cognitive Behavioural Therapy.
- Clients can request to see a male or female counsellor.
- Both longer-term as well as short-term solution focused counselling is available.
- We respect each person's individuality and seek to work co-operatively with you to meet your needs.
- We aim to provide a service free from discrimination and welcome people from all groups of society.

Our counsellors are experienced at working with a wide range of problems such as:

- Relationships
- Low self-esteem and self-confidence
- Anxiety and panic attacks
- Depression
- Bereavement and Loss
- Work stress
- Bullying and Self harm
- Trauma and Abuse

APPOINTMENTS

Appointments are available Monday to Friday between 9am and 8pm.

To make an assessment appointment, please contact us using one of these methods:

- Completing the Online Application Form
- Email: info@otr-norfolk.org.uk
- Telephone: 01603 626650

If calling out of office hours, please leave your name, contact details, and the time/date you called on our answer phone and we will get back to you as soon as possible.

WEBSITE

www.otr-norfolk.org.uk

If you would like to find out more then please visit our website where you will find more information on

- A more in-depth explanation of the counselling process
- A description of the different approaches used by members of the team.
- How Off The Record began and has developed over the years
- Making an appointment
- The online enquiry form.