

The South Asian Counselling Project Offers

- A free and Confidential Counselling Service
- Individual Counselling by appointment only
- Appointments for Males and Females
- All ages over 18
- People of any South Asian heritage are welcome
- Languages: English, Urdu, Punjabi, Hindi, Mirpuri and Hindko
- Specialising in seeing people of South Asian ethnicity
- Short/Medium/Long term help
- Self referral/Professional referral
- Central Manchester areas are covered

How To Contact The South Asian Counselling Project

To arrange an appointment or to ask for any further information about the South Asian Counselling Project, then please contact the service by telephone, fax, e-mail or post.



**SOUTH ASIAN COUNSELLING PROJECT
PAKISTANI RESOURCE CENTRE
1 GREAT MARLBOROUGH STREET
MANCHESTER
M1 5NJ**

**TEL: 0161 237 1125
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Registered Charity No: 248685**



Serving The South Asian
Community In Greater Manchester

SOUTH ASIAN COUNSELLING PROJECT



Pakistani Resource Centre

0161 237 1125



Are You Experiencing Any Of These?

- Depression/Anxiety/Stress
- Unhappiness/Upset Feelings/ Tearfulness/Sadness/Fed up
- Relationship Difficulties/ Separation/Divorce
- Home Pressures/Work Pressures/Study Pressures
- Anger/Conflicts
- Bereavement
- Panic Attacks
- Low Self Esteem/Lack of Confidence
- Oppression
- Suicidal Ideas or Feelings/ Negative Thoughts
- Cultural Identity Issues

If you are experiencing one or more of the above, then you do not need to suffer in silence. Easily accessible professional help is available. Talk in confidence to a fully qualified Counsellor to help you improve the quality of your life.

What Is Counselling?

Counselling is for any individual who wants help with personal problems that are affecting the different aspects of their life such as work, study, relationships, morale or quality of life.

The counselling offered is confidential, non-judgemental professional help with a Counsellor who will listen, respect and accept you for who you are.

Talking with someone who is independent of your normal everyday life does help as it offers you the opportunity to talk freely and in complete privacy about any present difficulties, worries, fears, conflicts or painful past experiences.

The counselling offered will take place in a private and safe environment. It will be arranged at a location that is convenient for you to attend.

How Can Counselling Help You?

Counselling is your time to explore any difficulties you are experiencing and together with the Counsellor, you will be supported and encouraged to discover more beneficial ways of thinking through and coping with the problems. By this way of working you will be assisted in discovering the strength within yourself, identifying the choices available to you and making positive decisions when you are ready to do so. This will naturally leads towards an improvement in your self-confidence and allow you to live a more satisfying and fulfilling way of life.

The South Asian Counselling Project is a newly established counselling service offering free and confidential counselling specifically to people of South Asian origin. This counselling service is available to people living in all areas of Manchester and you can refer yourself or simply ask to be referred by a professional you know such as your General Practitioner, Practice Nurse, Social Worker etc.