



Dorchester Trust for Counselling and Psychotherapy

Registered Charity No. 1109562

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COVID-19

We at DTCP & Colliton Street Psychotherapy Services are able to announce that we are able to offer two free specialized services during this time of crisis.

KEY WORKERS in Dorset & Somerset

We are able to offer 6 short-term counselling sessions free of charge to all those of you who are working in hospitals, health care, care homes, shops, in essential service industries and as carers in people's homes. These sessions cannot be face to face and maybe by telephone, Skype or Zoom.

Please contact us in the usual way via our website www.psychotherapydorset.co.uk or by telephoning 07714 330120.

ANYONE AFFECTED BY COVID-19

If you or someone you know could benefit from a one-off talk to someone who does not know you and who has had a professional training, we have introduced a listening service.

If you contact us, we will arrange for someone to call you back. He/she will be able to listen and speak with you for 50 minutes. The service aims to help you share some of the impact on you and to regain some sense of control. It is not an advice service and cannot be an alternative to regular counselling or therapy.

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