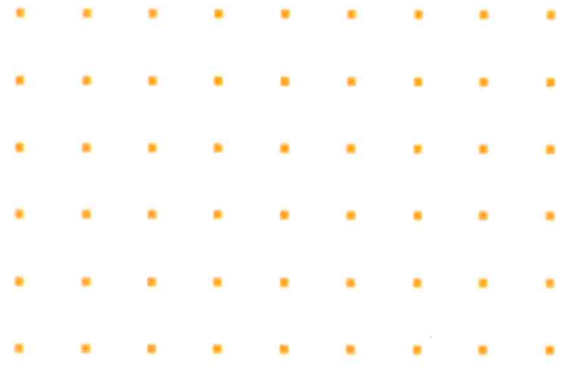


Free 24 Hour Counselling Service

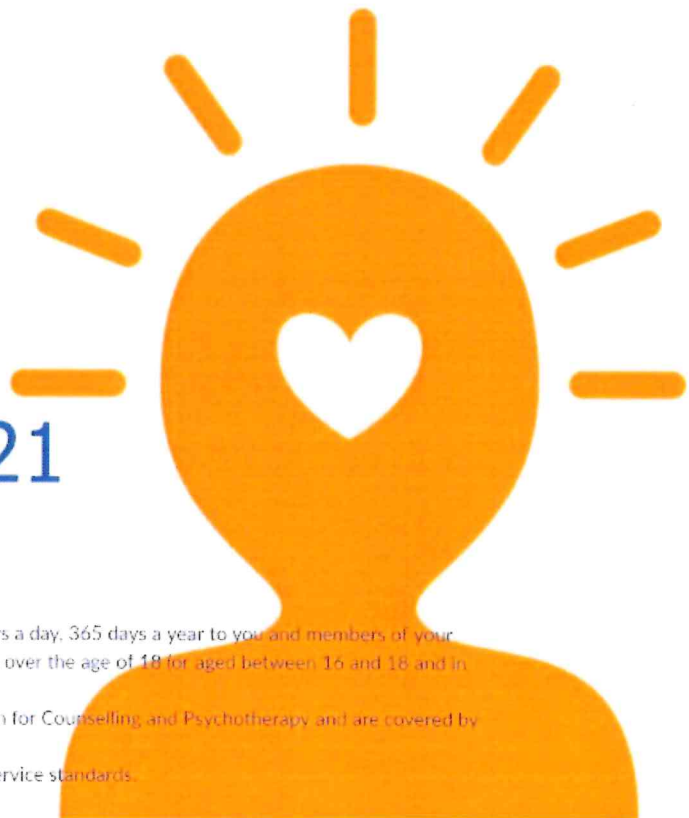


YOU DON'T HAVE TO GO IT ALONE

Counselling is a process of learning to understand yourself and others by exploring your thoughts and feelings in a supportive and non-judgemental space, enabling you to make a constructive change in your life, whether in crisis or an ongoing situation.

NON-JUDGEMENTAL
CONFIDENTIAL
SUPPORTIVE

0117 934 2121



DAS provides a confidential counselling service 24 hours a day, 365 days a year to you and members of your immediate family - providing they live with you and are over the age of 18 (or aged between 16 and 18 and in full-time employment).

DAS counsellors are members of The British Association for Counselling and Psychotherapy and are covered by their code of Ethics and Practice.

Calls may be recorded to help check and improve our service standards.