



Rapid Access Online and Face-to-Face Counselling Service

Would you like to have counselling but would struggle to fit it into your busy schedule? If so, Bucks Mind's Rapid Access service is ideal for you.

- High quality counselling delivered by a qualified and experienced counsellor.
- Appointments available promptly.
- Flexible appointment times offered, including lunchtimes.
- Stress management sessions to help with self-development, leading to advanced skills, improved self-esteem and greater confidence.
- Emphasis on self-awareness to help you achieve your highest potential.
- Quick and easy payment method for fees*.

* Please note that there is a higher fixed rate fee for the Rapid Access service.

We're here to listen and would love to hear from you. Please call us on 01494 463364, email counselling@bucksmind.org.uk or visit www.bucksmind.org.uk/services/counselling-for-adults