



## **hope** counselling

Hope Counselling offers weekly one-to-one counselling sessions to **asylum-seekers and refugees**

### **What is counselling?**

A positive response to serious problems in life by:

- Talking
- Listening
- Reflecting
- Being valued
- Getting help and support
- Making choices

### **Counselling is not about...**

- Lecturing
- Advice to do things a certain way
- Preaching
- Judgement of others or a way to change others

Hope Counselling is based at the Medical Foundation for the Care of Victims of Torture

### **You can contact Hope Counselling...**

- through RSVP on 0121 236 5763

Hope Counselling is a partnership between RSVP, Birmingham Law Centre, ASIRT and the Medical Foundation for the Care of Victims of Torture.

Published by Birmingham Law Centre, Dolphin House, 54 Coventry Road, Birmingham B10 0RX - tel. 0121-766 7466, fax 0121-766 8860, email [admin@birminghamlawcentre.org.uk](mailto:admin@birminghamlawcentre.org.uk)