



## Iron Mill Counselling Service

**An affordable,  
safe and  
professional  
service...**



*Individual counselling with mature  
adults, undergoing advanced training*

**Daytime & evening appointments  
available - FREE initial consultation**

To talk confidentially or make an appointment:  
**01392 499388 / counselling@ironmill.co.uk**



**www.ironmill.co.uk**

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## About Iron Mill Counselling Service

**Our counselling service is a not-for-profit initiative of Iron Mill College and aims to make counselling more accessible - offering a safe, professional yet affordable service.**

Iron Mill Counselling Service is staffed by mature adults undergoing advanced, professional training in counselling or psychotherapy at Iron Mill College. All our counsellors are supported by experienced supervisors and are student members of the British Association for Counselling and Psychotherapy (BACP) or the UK Council for Psychotherapy (UKCP) - adhering to their ethical frameworks.



## Getting started

**Get in touch and we'll arrange a FREE, 30-minute initial consultation session.**

You will then be matched to a suitable counsellor for subsequent sessions, which last 50 minutes, cost £20 and take place at Iron Mill College in the centre of Exeter.



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