

Counselling for our community

Raphael

Sarah 38, recently divorced, struggles to cope with two small children on a low income, is depressed and anxious. Abraham 24, butt of his father's anger, 'never getting anything right,' is confused and adrift with life, work and relationships.

Miriam 52, feels unfulfilled so wants to explore why and how to change. Her depressed, uncommunicative Holocaust survivor father, has impacted on her life.

Joshua and Leah have been married for ten years. Following Joshua's affair, have come for couples counselling as they are uncertain whether to continue their marriage or to divorce.

Jonathan 56, was made redundant due to Covid-19 so can't support his family, is depressed and anxious.

Daniel 63, lost his mother and brother to Covid-19 and is having difficulty coming to terms with distancing in their final days.

A client recently thanked us: "The counselling experience has completely changed and enriched my life enabling self-belief and experiencing emotions without becoming overwhelmed. I am really thankful to Raphael and its donors without whom I would not have been able to do this."

*Due to the demands of confidentiality, above are composite pictures of the sort of clients we see.

Raphael derives from the 'Angel of Healing', while in biblical times, our 'King David's harp' logo soothed troubled souls.

Raphael – The Jewish Counselling Service (CIO) has been offering a generic in-person service to adults in the Jewish community for 42+ years, providing a safe, non-judgemental, confidential space for individuals and couples in London and Home Counties and now 'remotely' further afield.

All Raphael's counsellors are Jewish so especially attuned to the

concerns of Jewish people throughout the community.

All counsellors are professionally trained in training and receive fortnightly in-house supervision.

Raphael holds biannual therapy lectures/workshops which are open to those outside Raphael.

We welcome applications from qualified counsellors prepared to give back to the community pro bono (minimum of two hours per week), as well as applications from trainees seeking a placement. All receive free fortnightly supervision.

We work with emotional difficulties including: relationship issues; family breakdown; trauma; depression; anxiety; bereavement; financial difficulties; sexuality or gender identity concerns; lack of confidence; low self-esteem; and Holocaust and second generation issues.

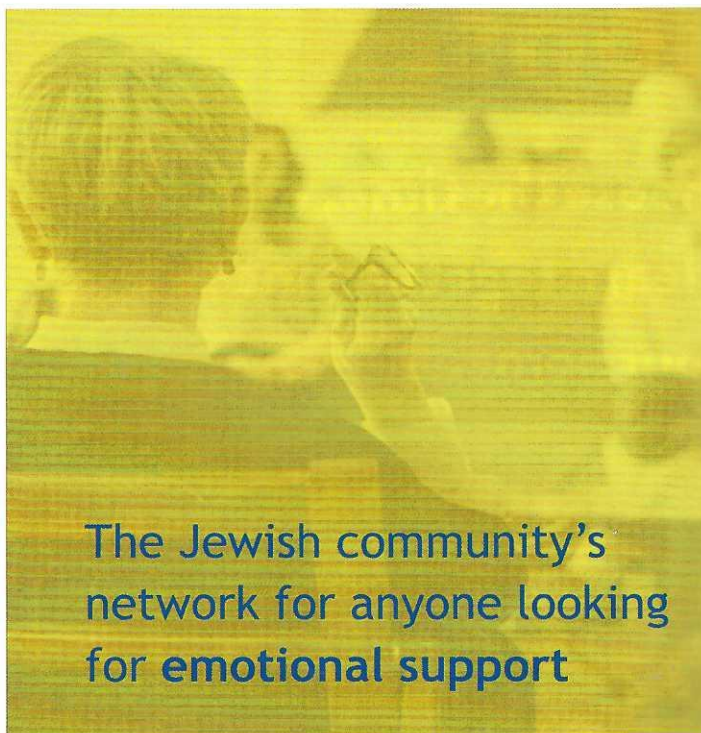
Since the pandemic, sessions have been remote, though we intend to hold hybrid in-person and remote counselling depending on circumstances.

Our Intake Team listen to answerphone messages daily (0800 234 6236) and generally respond within 24 hours, usually with offers of an assessment and subsequent referral for weekly sessions to a counsellor where appropriate, or we signpost on if necessary.

There has been an exceptional 75% increase in requests for counselling as a result of the pandemic.

Raphael turns no one away if they are unable to pay the full cost of their sessions. This is true chesed, but creates a huge funding gap increasing when we resume renting rooms for in-person counselling so donations received from Edgware US will be applied to our Bursary Fund.

Raphael would be delighted to hear from any individual wishing to help raising funds or sponsoring client sessions. If you would like to make a one-off donation or become a 'Raphael Angel', please go to www.raphaeljewishcounselling.org/donate Supporters can also set up 'Special Occasion Fundraisers' via Facebook.



The Jewish community's
network for anyone looking
for emotional support

THE JEWISH
COUNSELLING
SERVICE

 Raphael

0800 234 6236

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