

RELATIONSHIPS SUSSEX

WHAT DOES IT COST?

We are a registered charity and do not make a profit from our services. The standard fee for counselling for those with an individual or joint income of over £40,000 is as follows:

Type of service	Cost from January 2025
Initial assessment/ongoing for <u>online</u> couple and family counselling	£72
Initial assessment/ongoing for <u>face-to-face</u> couple counselling	£80
Initial assessment/ongoing for <u>face-to-face</u> psychosexual therapy	£80
Initial assessment/ongoing for <u>face-to-face</u> family counselling	£80
Initial assessment/ongoing for individual counselling (online or face to face)	£72
Initial assessment/ongoing for <u>face-to-face</u> children/young people's counselling	£50

SUBSIDISED COUNSELLING SCHEME AND GUIDELINES

We are committed to making sure our service is accessible to all sections of the community. We have a continuous programme of fundraising to be able to offer those on low incomes or on welfare benefits a reduced fee, for up to a maximum of seven sessions. This is dependent on funding and is available by application only.

The charges below will give you an idea of what you will pay and are based on your income band. If you cannot afford the fee linked to your income band, we may be able to offer further financial assistance dependent on funding and by application only.

As the counselling relationship is one of honesty and trust, we trust you to be honest about your income.

Adults 18 years and over

Band	Annual average income (before tax)	Individual and couple Initial consultation and ongoing counselling	PST and family Initial consultation and ongoing counselling
Band A	Under £10,000	£25	£25
Band B	£10,000 to £20,000	£30	£40
Band C	£20,000 to £30,000	£40	£50
Band D	£30,000 to £40,000	£45	£55

Children and young people's counselling (Age 5+)

Annual average income (before tax)	Initial consultation and ongoing counselling
Under £40,000	£25

Subsidised counselling guidelines

- You will be offered a maximum of seven sessions at this rate (assessment plus six sessions).
- If a session is cancelled with less than 48 hours' notice, this will count as one of the seven sessions and you will have to pay for the missed session.
- If you have previously received subsidised funding from us, you will not be eligible to apply for a further subsidised counselling and you will need to pay the full cost.
- We offer a maximum of one block of subsidised counselling. After this, you will need to pay the full cost.

ADDITIONAL NOTES

These guidelines provide a framework for offering counselling places at a subsidised rate.

However, Relationships Sussex recognises that all cases are unique, and will endeavour to provide some flexibility around these guidelines. Any flexibility must be agreed in advance by the Centre Manager. Please don't hesitate to contact our Reception Team, who will be able to give you more information.

DONATIONS

We warmly welcome donations, large or small. Your donation will make a big difference to people's lives. Donations may be made by clicking on this link [Donate RNSWS](#)