

WHAT IS THE COST OF COUNSELLING?

RS-CH is an independent registered charity affiliated with Relationships Scotland, a network of 21 services with a national office in Edinburgh. As a charity, we reinvest all profits back into our services to help more people, including those who cannot afford counselling. While we ask all clients to contribute towards the cost of their sessions, we offer a range of payment options to ensure that financial constraints are not a barrier to accessing support. RS-CH also continuously invests in training and development to maintain the highest standards of counselling. Counsellors have in the past been volunteers, but nowadays most offer a mix of paid and unpaid service.

Counselling costs are approximately £80 per session. To help make our services accessible, we offer three different payment options:

1. Fixed Fee

Clients can choose to pay a fixed fee of **£60 per session**, which helps cover the costs of running the service and ensures sustainability.

2. Donation-Based Contributions

We offer a sliding scale of suggested donations based on family income and/or affordability. If you prefer this option, please refer to the guidelines below:

- Below £6,000 (£500 pm/£115 pw) = £10
- £6,000-£12,000 (£1,000 pm/£230 pw) = £20
- £12,000- £20,000 = £30
- £20,000-£30,000 = £42
- £30,000-£40,000 = £54
- £40,000-£50,000 = £68
- Over £50,000 = £75+

All donations are reinvested back into the charity, allowing us to provide support for those who need it most.

3. Concession Rate

For clients who are unable to contribute at the suggested donation levels, we offer a concessionary rate. Funded places are available for those experiencing financial hardship. Please speak to us if you need financial assistance, and we will work with you to ensure you can still access counselling.

Pay It Forward Option

If you would like to support someone who cannot afford counselling, you can make a "Pay It Forward" donation. Your contribution will go towards covering the cost of sessions for those in financial hardship, helping to make counselling accessible to everyone.

Fees Elsewhere

Locally, private counselling fees range between £60-£120 per hour.

Gift Aid

Gift Aid allows UK charities to claim back the basic rate tax already paid on donations by the donor. This means we can claim back an additional 25p for every £1 donated, increasing the value of your donation at no extra cost to you. If you are a UK taxpayer, please consider signing up for Gift Aid to further support our services.

If you have any questions or need more information, please don't hesitate to contact us.