



Cogwheel Counselling

Contributing for Your Sessions

Cogwheel Counselling is a registered charity, and some of our funding comes from donations and grants. However, Cogwheel is also dependent upon the income received through contributions from clients, without which we could not provide affordable counselling to all those who need it.

We therefore ask clients to contribute (based on annual household income) toward the cost of each counselling session, following a one-off payment for registration with the service *which also includes your assessment appointment*.

Registration and assessment

There are two levels of contribution:

Individual counselling (adults and children)

- £20 for clients who are unwaged *
- £40 for clients who are in employment

Relationship and family counselling

- £30 for clients who are unwaged *
- £50 for clients who are in employment

This one-off contribution needs to be paid please before the assessment takes place.

Counselling session contributions

Your contribution rate will reflect your annual household income, and this will be agreed at your assessment consultation.

Individual counselling (adults and children)

Household income	Contribution rate
UP TO £19,999 *	£20
£20K -24,999	£27.50
£25k- 29,999	£35
£30k -34,999	£42.50
£35k+	£50

Relationship and family counselling

Household income	Contribution rate
Up to £19,999 *	£30
£20K -24,999	£37.50
£25k- 29,999	£45
£30k -34,999	£52.50
£35k +	£60

We understand that everyone's circumstances are different, and you might feel that the contribution rate scale does not reflect what is affordable for you. If you believe there are exceptional circumstances we need to take into account, we will be happy to discuss this with you.

**Reduced fees of up to £10 are available from the Cogwheel Counselling Support Fund (subject to funds being available) in cases of financial hardship.*

How many counselling sessions will I receive?

Cogwheel is able to offer you up to 20 counselling sessions at your agreed contribution rate.

Clients wishing to extend beyond 20 sessions will need to pay the following rates:

- £60 for individual counselling (adults and children)
- £65 for relationship or family counselling

How will I pay for my sessions?

We won't ask for a payment until we are able to offer you an initial assessment appointment. In order to secure your assessment, you will be given access to your dedicated client portal to make a payment online.

Payments for counselling are made in advance of each session. You will receive an email each week with a link taking you to your client portal where you will be able to pay for your upcoming session.

What if somebody else is paying for my counselling?

Cogwheel does accept insurance or other third-party payments, and arrangements for this must be made before your counselling begins. Where counselling sessions are being funded by another organisation or insurance company, we request that payments are made at the following rates:

- £60 for individual counselling (adults and children)
- £65 for relationship or family counselling

**Reduced fees of up to £10 are available from the Cogwheel Counselling Support Fund (subject to funds being available) in cases of financial hardship.*