

how to make an appointment

To arrange an initial meeting please contact us:

☎ : 07480 997280

✉ : oasis@dmpc.org.uk

(We usually have a waiting list of several weeks)

how much does it cost?

To help cover the costs of running the service, financial contributions are encouraged on a donations basis per session. This would be agreed at the initial meeting.

Suggested donation scale:

Income of:

£10k -15k = £10 per session

£15 - £30k = £10 to £30 per session

£30k - £45k+ = £35 to £50 per session

Unemployed, students = £5-10 per session

We have a small fund for those unable to contribute and no one will be turned away on the grounds of inability to donate.

find us



Lothian buses: 21 (Quality Street), 47 (Main Street), 43 and 200 (Queensferry Road)

Stage Coach: various (Queensferry Road)

Car: Our car park is accessed via Quality Street and has a number of disabled spaces.

Oasis Wellbeing Centre

Davidson's Mains Parish Church
1A Quality Street, Edinburgh EH4 5BB
07480 997280 oasis@dmpc.org.uk
Registered charity no SC009470



counselling service

Sometimes we need a little help to work through a difficult time, a challenging situation or to experience life more fully. A counsellor is trained to help you gain clarity in your situation and enable you to find your own way forwards. They are not there to offer advice or solutions but through careful listening, reflection and challenging they can help you discover your own resourcefulness.

who we are

All of our counsellors are members of COSCA, Scotland's professional body for counselling and psychotherapy (or similar), and have completed or are working towards a Diploma in Counselling (or higher qualification). Oasis is an organisational member of COSCA and we work within their ethical framework. Our counsellors are of Christian faith but **our service is open to those of all faiths or none**. All of our counsellors receive regular external supervision.

who's it for?

People seek counselling for all sorts of reasons such as:

Relationship difficulties

Anxiety

Depression

Historical trauma or abuse

Bereavement

Work related problems

Stress

Dealing with anger

Low self-esteem

Repeating unhelpful patterns of the past

what we offer

We offer individual counselling for adults (aged 16 or over) **primarily for those living in the EH4 area or nearby**. Following an initial meeting to discuss the aims of your counselling, you would be offered a set of 6 hourly sessions; following a review this could be extended up to 20 sessions (maximum). We offer complete confidentiality unless there is a risk of harm.

time and place

Oasis is located within Davidson's Mains Parish Church premises operating from a peaceful, fully accessible cottage beside the church building. We have 3 comfortable counselling rooms.

Opening hours:

Tue: 9am – 5pm

Wed: 9am – 5pm

Thu: 9am – 8pm

