



# Counselling Services

**Need to Talk Counselling Service** offers a non judgemental, understanding and safe place where concerns and issues can be worked on and explored by a fully qualified counsellor on a one to one basis.

Sessions are offered short-term or long-term depending on your needs and concerns. Our fees are more affordable than private counselling and of the same quality.

**Fees:** Free counselling depending on personal circumstances; otherwise fees start from £20 per session.

## Counselling

Need to Talk is led by experienced, qualified, professional practitioners who are members of the UK's leading counselling regulatory body, the British Association for Counselling and Psychotherapy (BACP).

We help those with a range of issues and concerns such as:

- Depression and Low Mood
- Bereavement and Loss
- Stress/Anger – Work/Home
- Anxiety and Panic Attacks
- Personal Development
- Choices
- Transitions
- Addictions
- Relationship Difficulties
- Sexual Expression
- Self Esteem / Self Worth
- Feeling Unfulfilled
- Unsure of Life's Meaning

## For more information please contact us:

[www.needtotalk.london](http://www.needtotalk.london)

E: [info@needtotalk.london](mailto:info@needtotalk.london)

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A: Need to Talk Wiseworks, 74a Marlborough Hill Harrow, HA1 1TY

Thank you.

