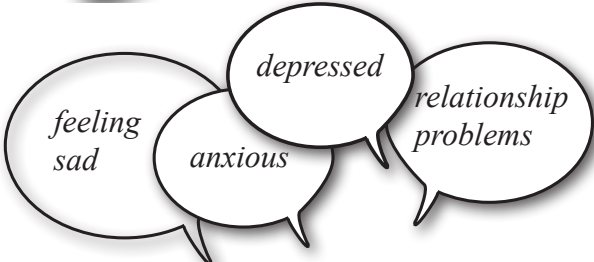
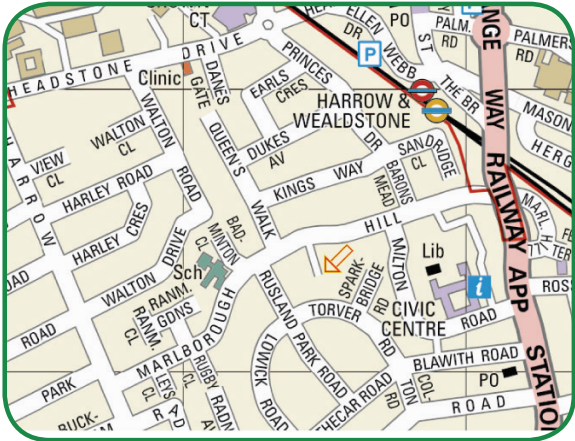




- Services we provide:
- One to one counselling
  - Workshops & training
  - Signpost & information
  - Support Group



Need To Talk  
 Wiseworks, 74a  
 Marlborough Hill,  
 Harrow HA1 1TY

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**Need to Talk**

Counselling services  
 open to all.  
 Everybody is welcome.

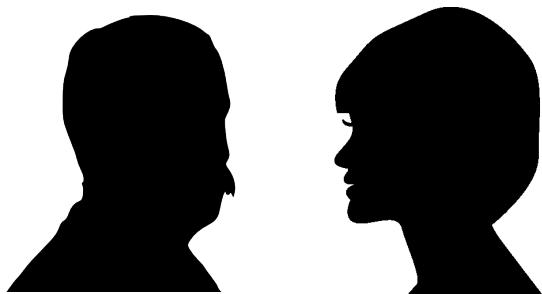
[www.needtotalk.london](http://www.needtotalk.london)

Many personal decisions are made and problems solved through discussions with friends or family. However, there are times when it is right to seek help away from the familiar daily environment: the Counselling Service was set up to meet just such a need. Seeking counselling is about making a positive choice to get the help that you need.



Counselling and therapy for a wide range of difficulties

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



Need To Talk is led by experienced, qualified, professional practitioners (BACP) who are accustomed to helping people from many different backgrounds and cultures and with a wide range of personal and work issues! Counselling available in English, Portuguese, Russian, Spanish, Urdu and Hindi.

