



COMMUNITY COUNSELLING

FREE ONLINE & PHONE COUNSELLING

Would you like some support from a counsellor on the phone or online once a week for three weeks?



Text us: +44 (0)7451 288 077 or

Get in touch via our website

www.communitycounselling.co.uk



Community Counselling offers free emotional support via phone and online counselling to adults severely impacted by the coronavirus pandemic. It is for people who otherwise can't access counselling at the moment.

Please get in touch if any of this applies to you:

- Already experiencing multiple challenges in life
- Pre-existing mental health issues
- Experiencing domestic or other abuse
- Self-isolating and have little or no support from friends, family or neighbours
- Healthcare worker on the front lines

What will happen:

You will be assigned a counsellor based on your availability. You'll meet once a week for 3 weeks, where you can talk about whatever is on your mind. You'll meet either on the phone or online, whichever is best for you. Each session is 50 minutes long. All our counsellors are experienced, qualified and trainee psychotherapists. We have English-speaking and Polish-speaking counsellors.

How to apply for counselling:

You can apply via our website: www.communitycounselling.co.uk
or text us on +44 (0)7451 288 077

Please note

- If you are feeling suicidal please do not wait until you hear from us - contact the Samaritans immediately on 116 123.
- We are committed to developing an actively anti-racist approach and will not tolerate racism of any kind.