

Counsellor's Name:

Centre:

Appointment Time:

Brook London charity number 1013037

Helpline Just ask: 0808 802 1234

Camden-Euston: 020 7387 8700

Lambeth-Brixton: 020 7787 5000

Southwark: 020 7703 9660

Contact us on...



**counselling at
brook london**

how could counselling help you?

Counselling is FREE and CONFIDENTIAL

Counselling is talking about your thoughts and feelings with someone who can help you make sense of things.

If you are having difficulties in your life or are feeling confused it may help to talk to someone who won't judge you.

Your counsellor will listen and support you to find a way forward that works for you.

You may want to talk about something more recent such as losing someone you care about or something that happened in the past such as sexual abuse.

Or maybe things just don't seem quite right.

No problem is too big or small to bring to counselling.

Your counsellor can offer you a regular time.

We can also give information on other services.