

The next step

If you think talking to one of our counsellors can help you, please telephone to make an appointment for an initial consultation

**Phoenix Counselling
Service
0208 595 9633**

or email the
The Referrals Co-ordinator
info@phoenix-counselling.co.uk
P.C.S.
591 Heathway
Dagenham
RM9 5AZ

PCS has main centres in
Dagenham Ilford
Walthamstow
+

**Individual practices across
London & Essex**

Our aim : -

Is to offer counselling and therapy to a professional standard to **all** regardless of gender, age, ethnic origin, sexual orientation, disability, beliefs, ex-offender or refugee status.

In confidence : -

All our counselling and therapy work is bound by a professional Code of Confidentiality

www.phoenix-counselling.co.uk



Phoenix Counselling Service

For those experiencing life issues such as stress, anger relationship problems depression loss

Affordable
Accessible
Confidential
Professional
1 to 1
Couples
Group
Organisations

All Issues
Evening Times
Daytimes
Weekends
I Day Courses
Weekly
Brief or Ongoing

www.phoenix-counselling.co.uk

Why Counselling

In today's changing times more and more people are turning to **counselling** for provably effective help.

You may feel anxious or depressed, unable to concentrate at work, experiencing difficulty in sleeping or notice your eating is out of balance. You may wish to improve your relationships or to develop your potential.

Perhaps you need extra help following a particular experience or trauma such as a sudden loss, separation, divorce or bereavement. The natural feelings we all have at these times shouldn't need to be faced alone.

At these times those around you may find it difficult to know how to give support and may be experiencing similar difficulties themselves. This is when to seek professional help.

How Counselling Can Help

•**Counselling**, either one-to-one or as a couple, offers you a safe and reliable relationship where you can be supported during times of crisis and helped to share your feelings. You will be listened to without judgment or criticism, allowing you to clarify choices and resolve underlying conflicts and hurts.

•**Therapy** can be in a group with a trained therapist. The group can offer you support and the experience of others facing similar difficulties. Gentle exploration can bring you clearer understanding of recurrent problems and help you change unhelpful patterns and behaviour.

Phoenix Counselling

Service is a British Association for Counselling and Psychotherapy (BACP) Accredited Service

We abide by the BACP's Ethical Framework for Good Practice in Counselling and Psychotherapy. In accordance with this members are required to respect and maintain confidentiality

Fees

These are negotiated individually, taking into account the cost of the service we provide and what you can reasonably afford. We endeavour to offer you counselling even where income is low.