

The next step

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

Phoenix Counselling
Service
0208 595 9633

or write to :-

The Referrals Co-ordinator
Phoenix Counselling Service
591 Heathway
Dagenham
RM9 5AZ

info@phoenix-counselling.co.uk

PCS has a main centre in

Dagenham

Also in Ilford

**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 abides by established practice to maintain a client's confidentiality

www.phoenix-counselling.co.uk

Phoenix Counselling Service



For those
experiencing
life issues such
as stress, anger
relationship problems
anxiety, low esteem
loss

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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

- PCS offers individual counselling at it's main centre on the Heathway Dagenham And in Ilford, accessible to all Barking & Dagenham, Redbridge, Havering and Newham

Also able to refer you to individual practices across London & Essex for psychotherapy, individual and couples counselling

Phoenix Counselling Service

is a member of BACP

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