

Person Centred  
**COUNSELLING**

At West End Impact

BLOCK BOOKED ONE-TO-ONE SESSIONS  
PROFESSIONAL AND FRIENDLY SERVICE  
£5 SUGGESTED FEE PER SESSION APPLIES



4-10 HEYSHAM ROAD,  
MORECAMBE, LA3 1DG

Counselling is a form of talking therapy that allows you to discuss your personal circumstances and work through your thoughts and emotions with a trained counsellor.



The wait time for free talking therapies can be 18 weeks. Private online talking therapy can cost over £50 a time. West End Impact will provide a professional, one-to-one counselling service at an affordable suggested rate of £5 per session. We cover the majority of the cost of providing the counselling service. We kindly request that, if you are financially able, you contribute just £5 a session to help sustain this invaluable service.

Counselling is available for individuals as young as 11, to any age. For more information contact: [Fiona@westendimpact.org.uk](mailto:Fiona@westendimpact.org.uk) (for children and adults) or [Richard@westendimpact.org.uk](mailto:Richard@westendimpact.org.uk) (for adults only).

