



LOW-COST ONLINE COUNSELLING AND PSYCHOTHERAPY

Our counselling service offers professional and confidential support to individuals facing personal challenges, providing counselling, therapy and emotional support in a safe and non-judgmental environment. Let us be your trusted partner on your path to healing and personal growth.

WHY CHOOSE US:

- ✓ Affordable
- ✓ Multicultural
- ✓ Remote Counselling
- ✓ Compassionate Support

OUR SERVICES:

-  **INDIVIDUAL**
£30 per 50 mins. Session
£110 for 4 Sessions
-  **COUPLES**
£60 per 60 mins. Session
£230 for 4 Sessions
-  **FAMILY**
£80 per 75 mins. Session
£310 for 4 Sessions

COMMON ISSUES:

- ✓ Depression
- ✓ Anxiety
- ✓ Bereavement
- ✓ Domestic Abuse
- ✓ Self-esteem
- ✓ Borderline Personality Disorder
- ✓ Eating disorders
- ✓ Work-related stress
- ✓ PTS, PTSD
- ✓ Relationships issues
- ✓ Self-harm
- ✓ Panic disorder
- ✓ Phobias
- ✓ Addictions
- ✓ Stress
- ✓ Cultural, Religion and Racial issues



**REGISTERED /
PLACEMENT
COUNSELLORS**



**SERVICES
SATISFACTION**



**CLIENTS
SUPPORT**

CONTACT US:

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-  www.facebook.com/counsellingatsafehavencentre/
-  [@safehavencentre](https://www.instagram.com/safehavencentre)
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