

Every year thousands of people across the UK suffer in silence. The hardest part can be picking up the phone.



Clients typically have one appointment per week, which can be either during the day or in the evening. If you require more than one hour per week, this can be arranged.



All counsellors at Livewell Counselling Service are members of the British Association of Counselling and Psychotherapy (BACP) and are bound to abide by their Ethical Framework for Good Practice.



The service is available for you. Call us now.

[www.livewellcounselling.co.uk](http://www.livewellcounselling.co.uk)

Tel: 07724 142405

[enquiries@livewellcounselling.co.uk](mailto:enquiries@livewellcounselling.co.uk)

Confidentiality is vital to a good client/counsellor relationship. All personally identifiable and sensitive information is kept securely and protected from unauthorised access or disclosure in keeping with the Data Protection Act 1998.



Designed by Primary Graphics

Experienced counsellors available to help young adults in the Chorley and South Ribble Area.

# Counselling changes lives

**Livewell Counselling Service** is a team of highly qualified and experienced counsellors available to help people in the Chorley and South Ribble area change how they feel and live.

We welcome calls from anyone wishing to discuss how counselling might help them. No referral is required - just ask. New clients will be offered an initial 30 minutes session free of charge.



# How can we help?

Our counsellors have experience dealing with issues such as:

**Depression, Anxiety, Stress, Bereavement, Loss, Self-harming, Bullying, Abuse, Trauma.**

We help explore what is really going on inside, so that painful or emotional issues can be worked through and resolved.

*"Livewell Counselling have provided a quality service to a number of parents through the Children's Centre. They say that it has helped them to discuss past experiences, which has left them feeling more confident and better able to deal with the challenges that everyday life brings. This has enabled them to improve parenting, resulting in better outcomes for their children."*

Gemma Norris, Coppull Children's Centre



# What is child therapy?

We offer a very specialist Child Therapy Service to schools and children's centres in and around Chorley. Children are not receptive to counselling in the same way as adults.

Child therapy uses play, their natural medium of expression, combined with the interaction of a counsellor, to help them express their feelings. Learning to identify and respond effectively to children at crisis point can save many from needing help in one capacity or another for the rest of their lives.

We can help a child develop social skills, change behaviours that have negative consequences, and enable them to feel good about themselves again.

*"The service has had a positive impact on our pupils, offering 1:1 nurturing support for children in need."*

Headteacher, St James Primary School, Chorley

