

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

[www.phoenix-counselling.co.uk](http://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 to adults at it's main centre on the Heathway Dagenham 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 an organizational member of BACP

BACP Member No : 102865

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