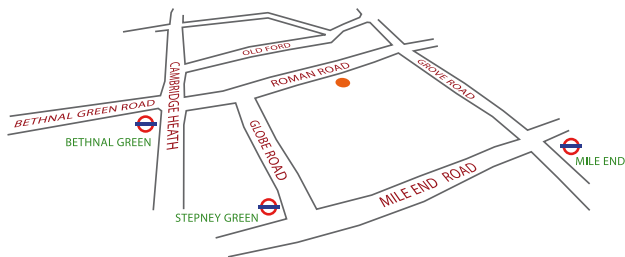




Crossroads Counselling

144 Roman Road
Bethnal Green
London E2 0RY

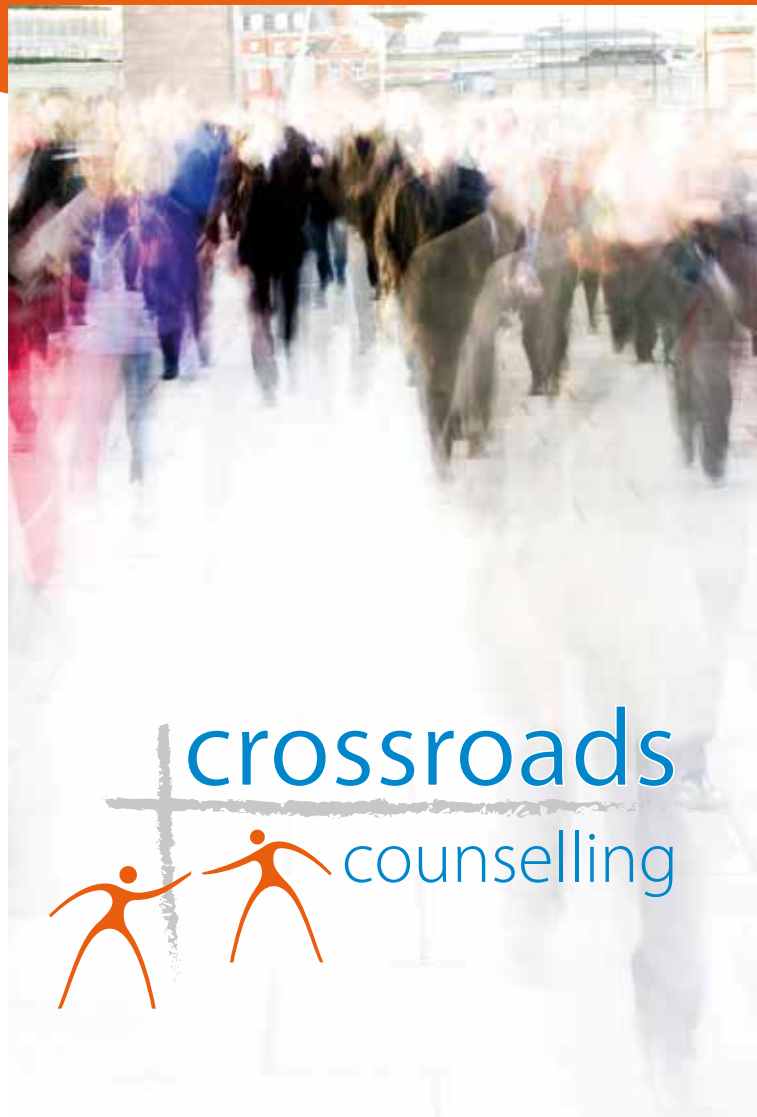
10 minutes walk from Bethnal Green Underground Station,
Buses 8 & D6 stop directly outside centre



020 8981 8388
info@crossroadscounselling.org
www.crossroadscounselling.org

Registered Charity no.1043304
Registered as a Company Limited by guarantee no. 2998471
BACP member

Printed on FSC certified paper



A professional service for
local people

Established in 1994



We work with adults who live, work or worship in Tower Hamlets who are on low incomes and have enduring mental and emotional difficulties. We aim to help individuals and couples recover from distress, pain or trauma; find ways in which they are more able to manage their lives; improve their relationships; feel better about themselves; and have a hope for their future.

Looking for counselling?

We offer affordable counselling to individuals and couples (relationship counselling) who are aged 18 years and over. All counselling takes place at our centre on the Roman Road in Bethnal Green. We have daytime appointments Monday to Friday and evening appointments Monday, Tuesday and Thursday. We only offer relationship counselling on Monday and Thursday evenings.

How long will I be on the waiting list?

Clients can wait up to three months to see a counsellor. When placing you on our waiting list we ask you about the times you are routinely available to attend weekly sessions; this helps us find a time that is most convenient for you. Depending on their availability clients may have shorter or longer waits.

How much will it cost?

We have a sliding scale of fees ranging from £4 - £48 per session and clients pay according to their income. Clients pay for their assessment (initial appointment).

How many sessions will I have?

We offer short-term counselling (6-24 weeks) and long-term counselling (6 months and upwards). The number of sessions you have will be something that you and your counsellor will carefully consider.

When will my sessions be?

All counselling sessions take place at the same time on the same day each week. A session lasts 50 minutes.

How do I know your service meets professional standards?

We are a member of the British Association for Counselling & Psychotherapy and follow their Ethical Framework for Good Practice in Counselling and Psychotherapy. Our counsellors are either accredited or working towards accreditation.

"Counselling is really tough but I couldn't carry on as I was - sticking at it was the most rewarding and life changing thing I ever did..."

Crossroads Counselling is founded on the Christian faith. We believe that all people are of unique value and live out this belief by using our professional skills to help those struggling in our communities. We work with people from all backgrounds and all faiths.