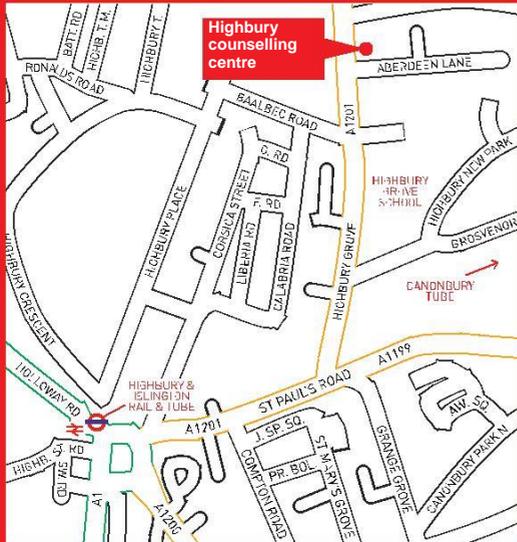


How much does it cost?

HCC was established to provide affordable counselling to members of the local community. Our intention is to make counselling and psychotherapy available to those people who need it, by matching our fees to our clients' financial circumstances. Currently our minimum fee is set at £15 per session.

Where is HCC?



Highbury Counselling Centre, 28 Highbury Grove, N5 2EA

If you would like more information about HCC or would like a confidential discussion with us about what we offer, please get in touch with us...

Email: highburycounselling@wlm.org.uk

Telephone: 020 7354 4791

www.wlm.org.uk

How do I get referred to HCC?

We accept self-referrals, referrals from GPs, the NHS, and other statutory and voluntary agencies.

If you would like to refer yourself please phone us on: 020 7354 4791 or email: highburycounselling@wlm.org.uk

Underground Trains

- 5-10 mins walk from Highbury and Islington Station on the Victoria line.
- 10-15 mins walk from Arsenal Station on the Piccadilly line.
- Short bus ride from Finsbury Park Tube on the Victoria and Picadilly line.

Overground Trains

- 5 mins walk from Canonbury Station and 5-10 mins walk from Highbury and Islington Station on the North London line.
- 10-15 mins walk from Drayton Park Station.

Buses

The following buses travel along Highbury Grove and stop near the Centre: No. 4, 19, 236.

Parking

Highbury Grove is a controlled parking area with pay and display machines.



"It is not too much to say that your service has saved my life. I walked into the centre in a state of despair and now six months later I feel like a different person, with a totally different outlook on life"

Male, aged 60
Finsbury Park

Highbury Counselling Centre

High quality, affordable counselling
for the whole community

What is the West London Mission?

Highbury Counselling Centre is part of the West London Mission. Our mission is to seek to transform the lives of the people who use our services.



Highbury Counselling Centre
West London Mission

For more information see our website: www.wlm.org.uk Reg. Charity Number 1133739



Highbury Counselling Centre
West London Mission

What type of counselling do we offer?

Clients are offered one hour sessions on a weekly basis for a period of up to one year.

HCC's counsellors and psychotherapists are either already qualified or in the final stages of well-regarded professional training. All of our counsellors adhere to the BACP (British Association of Counselling and Psychotherapy) Code of Ethical Practice. We also provide fortnightly clinical supervision that all counsellors/psychotherapists undertake while working with clients.

It is important to state that although the West London Mission operates with an inclusive Christian ethos, HCC does not offer 'Christian counselling'. Our services are open to all people regardless of their beliefs and our counsellors are from a wide range of backgrounds.



Last year Social Services took

my children away and I thought my world had ended. I didn't think that counselling would help, but I came anyway and I'm so glad that I did. My life still feels hard sometimes, but the support that I have got from my counsellor gave me a lifeline and I know that I can survive the sadness that used to overpower me.

Female, aged 39
Highbury

What does the Highbury Counselling Centre do?

The aim of the Highbury Counselling Centre (HCC) is to offer affordable counselling/psychotherapy to members of the community. In the current economic climate, good quality, affordable therapeutic help is difficult to find. At HCC we strive to provide a service that is accessible for all people over the age of 18 - making high-quality counselling available to those who may not normally be able to afford it.

Highbury Counselling Centre was established in 1988 by the West London Mission (WLM). WLM runs a wide range of services for people affected by personal crises – **for more information see our website www.wlm.org.uk**

Who are HCC's services for?

Highbury Counselling Centre is for any member of the local community, over the age of 18, who think that they would benefit from the opportunity of counselling/psychotherapy. Our service is accessed by people of all ages and from a diverse range of cultural backgrounds. We are also able to offer the service in several non-English languages.



I have been crippled with

shyness... all of my life, and had almost given up hope of living a normal life. I'm still shy, but I have an idea of the reasons behind it and know it better. I know that it isn't a condition that can paralyse me anymore and this is because of the awareness that I've gained in counselling.

Female, aged 26
Archway

What kinds of issues are relevant to counselling?

Counselling can be helpful for many issues, including:

- Lack of confidence and low self esteem
- Depression/ anxiety/ panic attacks
- Phobias
- Stress
- Bereavement/loss
- Relationship problems
- Sexual/identity problems
- Upsetting thoughts or feelings
- Problems that are hard to define

Highbury Counselling Centre offers high quality professional counselling services, and has consistently received positive feedback from clients.

Simone's story

"My marriage was in crisis and I was facing a major dispute with my employers. The stress at both work and home was affecting my health. My GP suggested that I contact Highbury Counselling Centre and they were able to provide me with a counsellor who met with me once a week. As we met and talked, I began to better understand how my distress was connected to previous dysfunctional relationships. The trauma I had experienced in the past was still affecting me.

I must admit that I found talking about it all difficult at first. Looking at myself was not easy and I needed to feel safe in my relationship with the counsellor. But when I had the courage to see my part in the problems I faced at home and at work – it actually helped my self-confidence and belief that things could change. The counselling gave me a safe space to grow in my understanding of my emotions and how I relate to others. The counselling has made a huge difference to me. It has given me confidence which has improved my relationships at both home and at work. I now feel that I have a better relationship with myself"