



Camden Listening and Counselling Centre

DEDICATED TO ENHANCING MENTAL HEALTH & WELL-BEING

**TURC, Buck Street,
Camden Town, London, NW1 8NJ**

Tel: 020 7482 6200

Please call to arrange an assessment

One-off crisis listening & assessment

Low-cost counselling

Opening hours:

Monday 6pm – 9pm

Wednesday 3pm – 9pm

(Answerphone outside of these hours)

www.camdenlistening.org.uk

The centre is non-religious and is open to all, regardless of race, class, nationality, religion, sexuality, disability or age. You do not have to be a resident of Camden in order to access CLCC services.

Crisis listening

Are you experiencing a crisis?

Crisis Listening is for anyone in emotional distress or needing to off-load a problem. You can walk in off the street and talk to someone in confidence. CLCC has an "open door" policy, so if you're in need, please drop in or call us to see if a counsellor is available to listen to you now.

One-off crisis listening sessions are free.

Low-cost counselling

Do you feel: Depressed or lonely? Anxious and have panic attacks? Bored or "stuck"? Unappreciated or unloved? Angry?

Do you have difficulties in any of the following issues: Relationships, Bereavement, Self-Esteem, Sexuality, Racism, Homophobia...or any other matters?

Counselling offers you the chance to talk to a counsellor one-to-one, in confidence, in a safe environment. They will listen in a non-judgemental way. They will not tell you what to do, but will help you to explore the options open to you. Your sessions with a counsellor will be once a week for 50 minutes. Initially you will come in for a free assessment and then, if counselling is appropriate for you, you will be offered 12 sessions.

Assessments for counselling are free. On-going weekly sessions will be at a low cost fee (a minimum payment is required). The amount you contribute will be agreed at your assessment session, taking your circumstances into account, and is payable weekly.

SHASPI counselling (Self Harm & Suicide Prevention Intervention)

Do you have a problem with alcohol or drug use?

Do you use food and eating/not eating as a way out?

Do you or do you feel vulnerable to harm yourself?

Do you feel you have no one to turn to; ashamed or guilty?

Do you want to make some changes in your life?

Do you feel depressed, lonely, anxious or isolated to the point where nothing matters anymore?

CLCC's SHASPI project offers low-cost counselling depending on your financial circumstances to work through issues for those who are at risk of self-harming or suicide. Please get in touch to arrange your free assessment with a SHASPI trained counsellor.

The assessment, fees and number of sessions follow the same procedures for the low-cost counselling service above.