



Low Cost Counselling (LCC)

We are a low cost, self-funded charitable service, offering both long & short term counselling to members of the general public. We are a self-referral service but also accept referrals from other health professionals.

We work with individuals who have experiences of anxiety, depression, bereavement, loss, trauma, difficult relationships, attachment issues, low self-esteem, difficulties coping with change, among other things.

 **Mind** Norfolk and Waveney

Registered charity - No. 1118449

About LCC

Therapeutic Models

We work with individuals who have experiences of anxiety, depression, bereavement, loss, trauma, difficult relationships, attachment issues, low self-esteem, difficulties coping with change, among other things, using a variety of counselling modalities.

Integrative Therapy:

is a progressive form of psychotherapy that combines different therapeutic tools and approaches to fit the needs of the individual client.

Appointment Times

Appointments are currently available as online or face to face sessions.

Sale Road: Monday to Friday
9am-5pm

City Centre: Monday to Friday
9am-5pm

Online Sessions: limited
availability

Fees

Please note this is not a free service. Initial assessments are free.

Fees are then £27 per session. Sessions are 50 minutes long.

Book an appointment

You do not need to be referred to us, you can self-refer via the form on our **website** or ring our Reception on **0300 330 5488**, tell them you would like counselling.

Once we receive your referral, our counselling lead will contact you to book you in for an assessment to see if counselling is something that will be suitable for you. Counselling is arranged subject to suitability and availability following assessment.

Please note there is usually a short waiting list of between 2 - 5 weeks.

To self-refer to Low Cost Counselling:

Call: 0300 330 5488

Visit: www.norfolkandwaveneymind.org.uk/low-cost-counselling