



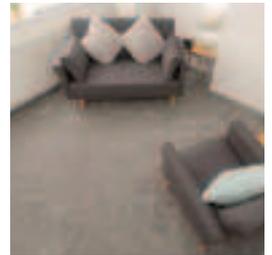
Heswall Hills COUNSELLING CENTRE

Heswall Hills Counselling Centre (HHCC) is a private counselling centre based in Heswall. Taking that first step towards dealing with your problems can be daunting. If you are struggling and need a professional to talk to we can meet your needs. At HHCC all of our highly qualified team of therapists are trained to listen without judgement and provide a confidential and safe space where your worries and concerns are explored and you are helped to find a way forward through your difficulties.

The therapists working from the centre have been selected to ensure we are able to deal with a wide range of difficulties from anxiety and depression to relationship difficulties, addictions, eating disorders and work related stress to name but a few. We work with individuals, couples and children

If you take that first important step of contacting us, Cheryl, a Chartered Psychologist and Founder of HHCC, will help identify the therapist best matched to your particular needs, saving you the time and uncertainty of trying to find the right therapist for you. All the therapists who work from the centre have been personally vetted to ensure they are properly qualified and insured.

If you are interested in finding out more please e mail Cheryl at mail@heswallhillscounsellingcentre.co.uk or call on 07784 735784. We look forward to hearing from you.



99 Brimstage Road, Heswall Hills, Wirral CH60 1XF

Telephone: 07784 735784 • Email: mail@heswallhillscounsellingcentre.co.uk



www.heswallhillscounsellingcentre.co.uk



What is Mental Health?

Mental distress exists in different forms, each of which can have an adverse effect on your well-being. People with mental distress may experience problems that affect the way they think, feel and behave. The term mental illness is used to describe a range of mental health issues, from anxiety and depression to the less common such as bipolar and psychosis.

How common is it?

The number of people who are affected by mental health is rising. In 1990, 416 million people suffered from depression or anxiety worldwide – these numbers rose to 615 million in 2013 (World Health Organisation, 2016).

Current figures state that each year in Britain an estimated one in four adults will experience at least one diagnosable mental health problem, though only 230 of every 300 who need help will actually visit their GP.

What is counselling?

Counselling allows people to discuss their problems and any difficult feelings they encounter in a safe, confidential environment. People turn to counselling when they want to change something in their lives, or simply explore their thoughts and feelings in more depth. A counsellor will not tell you what to do. Rather they will encourage you to talk about what's bothering you in order to uncover any root causes and identify your specific ways of thinking. The counsellor will then work alongside you to create a plan of action to either help you come to terms with your issues, help you to find ways of coping or make the life changes which are important to you.

Heswall Hills Counselling Centre

With increasing demand on the NHS to provide support to those experiencing a variety of mental health concerns and rising waiting lists, the newly established Heswall Hills Counselling Centre offers private counselling when it's needed most.

Our aim is to offer the opportunity to be listened to and offered professional support and acceptance regarding whatever is troubling you.

Members of the public can contact the centre and speak to our Manager Cheryl Overington – Cheryl will assess and refer you to the therapist best qualified to meet your needs.

Our friendly team of therapists include psychologists, counsellors and CBT therapists, and we can cater for a wide range of clients' needs, including depression and anxiety, eating disorders, PTSD, work-related stress, addictions and much more...

We have therapists who are trained to work with young children, teens and couples. Many are also registered with providers of private medical insurers.

The rooms at the newly launched counselling centre have been designed to offer a comfortable, confidential and safe place for you to discuss your concerns. There is plenty of off-street parking and the centre is located opposite a bus stop and train station.

If you would like more information, take a look at our website heswallhillscounsellingcentre.co.uk, and to discuss being referred to one of our therapists, feel free to contact Cheryl via email mail@heswallhillscounsellingcentre.co.uk or mobile on 07784 735784.