

# MENTAL HEALTH & WELLBEING SUPPORT



Registered Member  
MBACP (Accred)



Approved Mental Health  
Services in East Lancashire

## We can help with

Impacts of Covid, stress or anxiety, depression or low moods, ongoing health conditions, bereavement, PTSD, & relationship issues

## What to expect

Lancashire Women's services provide counselling and various therapies to help you deal with your mental health in a 1-1 or group setting. Our experienced therapists will provide you with support and guidance on dealing with your mental health, helping you on your journey.

### Counselling

talking therapy with a counsellor - find ways to deal with difficulties in your life

### Low Intensity CBT

talking treatment that helps people with anxiety, low moods, helping with goals.

### High Intensity CBT

change how you think about your life, and free yourself from unhelpful patterns of behaviour

### Couples Counselling

get support in working through the difficulties of relationships

### Group sessions

learn how to build your self-esteem in a supportive group of like-minded people

### 1-1 sessions

work on your mental health with an experienced therapist

For men AND women aged  
16+ in East Lancashire



## get started...

We are

**LANCASHIRE  
WOMEN**

Speak to your GP, or contact us...



[www.lancashirewomen.org](http://www.lancashirewomen.org)



0300 330 1354