



# LIFE-FORCE CENTRE

## Counselling Service



**BACP Accredited**

**Individual - Couples - Children - Young People**

**Abuse**

**Depression**

**Separation**

**Anger**

**Divorce**

**Self-harm**

**Anxiety**

**Eating Disorders**

**Stress**

**ASD**

**Isolation**

**Suicidal**

**Confidence**

**Loss & Bereavement**

**Relationships**

**Crisis**

**Panic Attacks**

**Trauma**

- Struggling with every day issues
- Need to talk?
- Counselling may help
- Find the right support
- Warm professional team
- Prompt service
- Confidential setting
- Convenient appointments
- Affordable fees
- Face-to-face or online sessions

**Take the first step and contact us**  
**We look forward to hearing from you**

**Online Counselling Enquiry Form**  
**[www.lifeforce-centre.co.uk](http://www.lifeforce-centre.co.uk)**

**Telephone: 01206 791661**

**Confidential Answerphone**

**LIFE-FORCE 3 East Hill, Colchester, CO1 2QL**

**bacp** | **Accredited  
Service**