

# Free counselling for LGBTQ+ Bexley residents

We are providing a new one-to-one counselling service free of charge to those aged 18 or over, identify as LGBTQ+ and live in the borough of Bexley. It is a safe and non-judgmental space for you to talk openly about what's going on in your life.



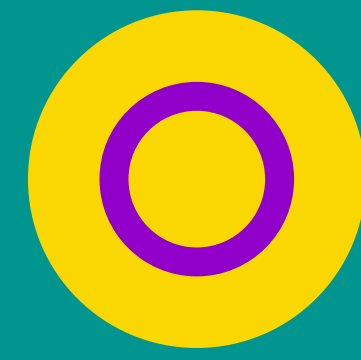
## We can help you...

- Feel more able to manage challenging situations in your life
- Improve your understanding of yourself
- Work towards increasing your emotional wellbeing
- Increase your own sense of self-acceptance
- Feel supported by someone who understands you

Contact [kevin.franke@metrocharity.org.uk](mailto:kevin.franke@metrocharity.org.uk) or 020 8305 5009 for more information.

You can refer yourself into the service, or be referred by someone who works with you (like a GP or social worker).

# The service



You will receive up to 6 sessions of one-to-one counselling. Each session lasts for 50 minutes. The counselling is available via video call, telephone or face-to-face (Covid restrictions permitting).

## Why people use this service

- I want support for issues related to my mental health
- I want to talk to someone who won't judge me
- I want to talk about my sexual orientation and/or gender identity
- I'd like to improve my self-esteem
- I want to explore my relationships with family, friends, partner(s) or other people in my life
- I'm questioning my identity and I'd like to talk to someone about it



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