

## **Bromley Community Counselling Service (BCCS)**

BCCS is a registered charity and its high-quality counselling service is accredited by The British Association for Counselling & Psychotherapy (BACP).



It has around 65 counsellors and offers counselling, online or face-to-face, to anyone over the age of 18 who lives in the London Borough of Bromley or surrounding areas. The service is for people who may be struggling with personal, emotional, or mental health difficulties and is geared to assisting them either to find new ways to make a fresh start in certain areas of their lives or to come to terms with things that can't be changed.

BCCS provides effective, low-cost and affordable counselling for people in the local community with a view to promoting self-awareness, psychological wellbeing, and mental health.

Some of the services offered are:

- Counselling for Individuals
- Couples Counselling Service
- Mediation Service
- Life Coaching Service
- Counselling for the Deaf

Additionally, BCCS offers CPD workshops and seminars to all mental health professionals with the aim of providing up to 30 hrs CPD a year.

BCCS has four designated counselling rooms with soft lighting, comfortable armchairs, and carpeting throughout, so that people can feel relaxed and confident that they can talk privately about whatever is troubling them.

### **Feedback from the past 3 months:**

*"I found my counsellor to be very professional and compassionate in our sessions. Her skills of listening and gently prompting me help me to process some very emotionally difficult issues".*

*"I had a lovely counsellor who really helped me to understand the issues I was facing and how to tackle them in the future. She helped me to work through past problems and assess how I would face the future again. I am so grateful for the help I have been given"*

*"My counsellor and BCCS have changed my entire outlook on life and have helped prevent me from doing serious harm to myself."*

If you would like to know more about this charity's work visit their [website](#)