

COUNSELLING AND EMOTIONAL SUPPORT

Please see also the sections on Bereavement and on Relationship Needs.

Counselling and Life Management Centre (CALM Centre)

The Centre offers counselling, support through self-help groups and information on a wide variety of issues.

Latton Bush Centre, Southern Way, Harlow CM18 7BL
(01279) 411330

Email: calmcentre@btconnect.com

Website: www.calmcentre.co.uk

Counselling Service is a service for children experiencing family change. Children and Parent Work Groups are run on a regular basis.

Samaritans

Confidential emotional support to people with personal problems is provided through a 24 hour telephone service. Visitors are welcome at the Ware office between 9.30am to 9.30pm daily. The website has links to other organisations that might be able to help.

Harlow area branch: 1 Cross Street, Ware, Herts SG12 7AH

(01279) 421110 office
08457 909090 24 hour helpline
08457 909192 Minicom and textphone calls

Email: jo@samaritans.org

Website: www.samaritans.org.uk

Young Concern Trust

This voluntary agency offers a confidential counselling service to young people aged between 11 and 25. Counselling covers many areas including bereavement, bullying, exam stress, relationships, sexuality and general support. Counselling takes place at Harlow Young People's Information Centre, The Square, Sewell House and the 6 secondary schools in Harlow. You can be referred by a professional agency or you can make an appointment for yourself.

Sewell House, 349 The Hides, Harlow CM20 3QY
(01279) 414090 – Telephone and Fax
07956 887921 – Mobile

Email: yct@youngconcern.freeserve.co.uk

Website: www.youngconcern.freeserve.co.uk

