

Counselling for children and their families



We are a children's charity who have been providing counselling support in schools for over 30 years. Having expanded we can now offer a self-referral pathway overseen by our Self Referral Manager, Sarah D'Lima. We have a team of highly experienced specialist therapists working with us, several of whom have worked within statutory organisations such as CAMHS. We work alongside children, young people and families who are experiencing issues such as:-

Self-Esteem	Anger	OCD	Sibling Rivalry
Anxiety	Identity	Depression	Bullying
Self-harm	Family Separation	Bereavement	Relationship difficulties

We have purposely designed counselling rooms at our bccc office in Rayleigh. Sessions cost £45.00 but please do speak to us about this if it presents an issue. For further information or an informal chat please contact:

Ssarah D'Lima sdlima@bccc.org.uk

or Alison Golder - agolder@bccc.org.uk

01268 947061



Children's Mental Health Matters!