

CYP Counselling



Counselling Matters Bexley

- Counselling Matters Bexley kindly received funding from TNLCF
- Part of the funding has allowed us to offer free counselling to 5-15 year olds
- Our target was to see 23 children by December and currently we are seeing 12 children.
- We have 4 children on the waiting list.
- We offer children 12 sessions initially but if the child needs more we can extend this.
- Common issues brought to therapy include anxiety around the pandemic, OCD and parental separation.
- Referrals can be made to Selina Cogan:
Selina@counsellingmattersbexley.org or through our Talkline 0800 047 2600

Support beyond
childhood
17+



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with your
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FREE

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Find out more!
0800 047 2600
sarah@counsellingmattersbexley.org