



*house of light*



### *What we offer*

We offer a warm welcoming environment to support you through this difficult time.

House of Light has supported thousands of women and their families affected by antenatal and postnatal depression since 2007.

Pregnancy, birth and parenthood is a time of huge change.

This can feel overwhelming.

We are here to help.

### *What is counselling?*

Counselling provides a safe non-judgemental space for you to discuss your problems and worries.

Counselling can help give you an insight and a better understanding of yourself and the issues you face. This can then empower you to make choices and positive changes.

Talking about how you feel can bring a sense of relief.

We are integrative counsellors which means we use a variety of different techniques to help you.

We believe the most important fact in successful counselling is the relationship you have with your therapist.

We can help with problems such as:

- Anxiety
- Depression
- Obsessive Compulsive Disorder
- Low confidence
- Low self-esteem
- Birth trauma
- Abuse
- Bereavement

For further advice or information please feel free to call us:

0800 043 2031 / 01482 580499



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***“All of us get broken in some way, but what really matters is how we get back up and put the pieces back together.”***



*One of the counselling rooms*

**ANYONE WITH A HULL GP CAN ACCESS OUR SERVICE FOR FREE**

To access our service please ask your GP for a direct referral or contact Hull City Healthcare Partnership's DASH service on 01482 247111 24 hours 7 days a week OR text "TALK" to 61825

You will be given an initial consultation at which point you can ask for a referral to House of Light