

Counselling for LGBTQ+ adults across London



- Are you aged 19 or over and identify as LGBTQ+?
- Do you live in Lewisham or Greenwich?
- We provide up to 12 one-to-one low cost or reduced fee counselling sessions



GET IN TOUCH

METRO Mental Health Team

020 8305 5009 | counselling@metrocharity.org.uk

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What is Counselling?

Counselling is a safe and non-judgemental space for you to talk openly about what's going on in your life. We provide one-to-one counselling for people who identify as LGBTQ+ and/or those experiencing issues relating to diversity, equality and identity.

Who can use this service?

You need to be aged 19 or over, live in Lewisham or Greenwich and identify as LGBTQ+.

You will receive up to 12 sessions of one-to-one counselling; sessions are low cost for Lewisham residents and reduced fee for Greenwich residents.

We'll be in touch to arrange an initial assessment. This will be a chance to talk about what has brought you to counselling and find out if the service is right for you. If we decide to go ahead, you'll join our waiting list to see a counsellor.

Who are METRO?

METRO is a leading equality and diversity charity, providing health, community and youth services across London and the South East, with national and international projects. METRO works with anyone experiencing issues around sexuality, gender, equality, diversity and identity across our five domains: Sexual & Reproductive Health, Community, Mental Health & Wellbeing, Youth and HIV.

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