



University of  
East London

Pioneering Futures since 1898

Neighbourhood  
Health Hub



# Community Counselling Service

## Neighbourhood Health Hub

### Need someone to talk to?

The Community Counselling Service provides free, confidential counselling for adults aged 18 and over living within the East boroughs.

Based within the Neighbourhood Health Hub at the University of East London, the service aims to improve access to mental health support for local communities whilst supporting the development of the next generation of counselling professionals.



### What We Offer:

- **Free** and confidential counselling
- A safe, non-judgemental space
- Inclusive and welcoming support
- **In-person** appointments
- A **student-led** counselling service



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### Self-Referral and Professional Referral Form



**Get in touch: Community  
Counselling Service**

**Email: [nhh.counselling@uel.ac.uk](mailto:nhh.counselling@uel.ac.uk)**

### **Step 1 – Referral**

A referral is submitted through the Community Counselling Service's online referral process.

### **Step 2 – Initial Assessment**

The individual will be contacted by a member of the counselling team and invited to attend an initial counselling assessment.

### **Step 3 – Allocation**

Where counselling is considered appropriate and the individual wishes to proceed, they will be placed on the waiting list and allocated to a counsellor as soon as a suitable appointment becomes available.

### **Step 4 – Counselling**

Counselling sessions commence following allocation to a counsellor.