



APPROACH

COUNSELLING SERVICE

for lesbian, gay, bisexual & trans communities
of Leicester, Leicestershire & Rutland

Are you feeling **STRESSED, LACKING IN CONFIDENCE, ANXIOUS** or **JUST NOT ABLE TO BE YOURSELF?**

Our skilled counsellors* at **Approach** can spend some time with you thinking and talking about why you may be feeling this way.

In weekly confidential sessions, you can explore your thoughts and feelings in a non-judgmental safe space.

For more information call **0116 254 1747**

or visit **www.tradesexualhealth.com**

Location: **Trade, 2nd Floor,**

27 Bowling Green Street, Leicester, LE1 6AS

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*All of our counsellors are fully qualified or working towards qualification/accreditation. Counsellors, supervisors and assessors work within the British Association for Counselling and Psychotherapy (BACP) code of ethics, or equivalent professional body.

Trade Charity Number: 1081552