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# Community Counselling Service

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A confidential counselling  
service for adults in our  
Catholic Community.

Catholic Care   
Mental Health Services

Life is rarely straightforward and we recognise that there are times when we become unable to see a way through our difficulties.

The Catholic Care Community Counselling Service is available to adults in our Catholic Communities.

- This free and confidential service will be available from three locations in the Leeds area, all locations are discrete ensuring the upmost confidentiality for all clients.
- Alternatively this confidential service is also available through a telephone consultation.
- Our team are BACP registered counsellors and psychotherapists are here to support you with up to six sessions free of charge.
- Appointments can be made either via a confidential telephone line or through our direct counselling service email address.

To find out how we can help you and for confidential advice and support, please call **0113 388 5406**, or email **[counselling@catholic-care.org.uk](mailto:counselling@catholic-care.org.uk)**

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Diocese of Leeds



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