



FOR MORE INFORMATION CONTACT:
Christine Blair: 0781 681 8678



[Heswall Parish Counselling Support](#)

0151 342 3471

welcome@heswallparish.co.uk

The Parish Office, St. Peter's Centre,
Village Road, Heswall, CH60 0DZ



HESWALL
PARISH

COUNSELLING SERVICE at THE LIGHTHOUSE CHURCH

A safe, confidential and professional space
to talk, reflect and grow.

FREE COUNSELLING

Qualified • Ethical • Confidential



What is Counselling?

Counselling provides a safe and confidential space to explore difficulties with a qualified counsellor who listens without judgement and supports you in finding your own way forward.

What is the aim?

The aim is not always to solve problems but to give you a safe space to explore them. Through this process, you may become more aware of your own strengths and resources, leading to meaningful change.

What happens in the sessions?

In the first session your counsellor will gather background information and help clarify your reasons for seeking therapy. You can ask questions and together decide whether counselling feels right for you. In the following sessions you decide the focus. This can change as your needs change. Your counsellor may use different therapeutic approaches, including person-centred and integrative methods, to support your growth and wellbeing.

How long does it last?

Sessions are usually 50–60 minutes, weekly, and continue for as long as is helpful following regular reviews.

How much does it cost?

Counselling at TLC is free, although donations are appreciated.



Our Counsellors

Christine Blair MBACP

Siru Urquhart MBACP

Sarah Cross MNCPS

All counsellors are qualified and registered with recognised professional bodies and work within ethical frameworks.

Confidentiality

Everything discussed is confidential except where there are legal or safeguarding responsibilities.

Professional Supervision

All counsellors receive clinical supervision to maintain high professional standards.

GDPR

Records are anonymised, securely stored and retained in line with professional and insurance requirements

