

Person Centred Therapy

Talking therapy that helps you find solutions. Explore mental health challenges at your own pace.



Our new adult therapy service, has arrived!

**Providing CBT, PCT &
Wellbeing Coaching**

**Our low-cost therapy service
can help with:**

- Low mood & depression
- Relationship challenges
- Bereavement
- Life changes
- Anxiety
- PTSD
- Stress
- Panic
- OCD
- And more...

**Scan the QR code or visit
our website for more
information:**

lancashiremind.org.uk
therapies@lancashiremind.org.uk



Cognitive Behavioural Therapy

Helps you understand how your thoughts, feelings, and actions are connected. CBT is a team effort between you and your therapist.

Wellbeing Coaching

Helps you improve your overall wellbeing and build resilience. Working with a coach to identify goals and overcome barriers.



therapies

 **Mind Lancashire**
Wellbeing & Therapeutic Services



Start your journey to better mental health with Lancashire Mind

Free initial session

Register for your free virtual one-to-one personal wellbeing assessment.

Each individual can access a free initial session with a trainee therapist, to determine the most suitable therapy option: PCT, CBT or Wellbeing Coaching. Adults 18 and above.

Sessions £30

Wellbeing & Therapeutic Services for Adults

Accessible and affordable mental health support.

Our mission is to provide immediate, affordable therapy services tailored to you. Bypass long wait times and start your journey to better mental health today.



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For more details

