

Hope Project



We currently are providing **free** counselling & therapy support for:

- Adults aged 18+ in distress with a mild/moderate mental health issue, living in Blackburn with Darwen and across East Lancashire.



If you are in need of our support, contact
support@serenityselfcare.org.uk

*The support is time limited and subject to funding availability

Criteria - Adults aged 18+, Living in BWD & East Lancashire

WWW.SERENITYSELF CARE.ORG.UK

07783 929636

Holker House, Railway Road, Darwen, BB3 2RG

Hope Project

This Project provides counselling & mental health support to individuals with mild/moderate degrees of mental health needs through traditional and adapted counselling services.

This project offers clients up to 8 sessions across a range of creative and customised approaches to therapy.

In addition to traditional person-centred talking therapy, it incorporates different theory-based interventions to provide an even more comprehensive holistic experience.



Our Hope Project can include:

- Psychotherapy/Counselling
- NLP / IEMT
- Coaching
- Hypnotherapy
- Health Psychology
- Mindfulness
- Art & Creative Therapy

A lead counsellor is assigned to each client who coordinates their support throughout the clients sessions.

Our counsellors & therapists are all qualified and experienced in their own field.

‘Alone we can do a little, together we can do so much’

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