

Counselling support for adults in Merseyside

Compass Services - <https://www.compasscounselling.org.uk/>

Mind - <https://www.mind.org.uk>

Talk Liverpool - <https://www.talkliverpool.nhs.uk/> - [Apply through your GP](#)

Gambling issues Beacon Counselling offer FREE counselling for people with **gambling-related issues**, including affected partners, family members and friends, with no waiting list. We also offer help in regards to **self-exclusion**, just call **0151 321 1099** or email **admin@beaconcounsellingtrust.co.uk** for more information on this.

Place to find a qualified private counsellor:-

Counselling directory - <https://www.counselling-directory.org.uk/>

National Counselling society - <https://www.nationalcounsellingsociety.org/>

British association of counselling and psychotherapy - <https://www.bacp.co.uk/>