**Other Avenues for Counselling Support**

**Cruse**

Cruse Bereavement Care

10 Carver Street

Sheffield

S1 4FS

Cruse provide six free sessions of bereavement counselling.

Website: [www.cruse.org.uk/get-help/local-services/yorkshire-and-humberside/sheffield](http://www.cruse.org.uk/get-help/local-services/yorkshire-and-humberside/sheffield)

Email: [sheffield@cruse.org.uk](mailto:sheffield@cruse.org.uk)

Tel: 0114 2493328

National helpline: 0808 808 1677

**Light Sheffield**

Knowle House

4 Norfolk Park Road

Sheffield

S2 3QE

Light supports the emotional well being and mental health of women during pregnancy, birth and afterwards.

Website: [www.lightpeersupport.org.uk](http://www.lightpeersupport.org.uk)

Email: contactus@lightpeersupport.org.uk

Tel: 0114 4388962

**Share**

Share Psychotherapy

73 Wilkinson Street

Sheffield

S10 2GJ

Share provide long term counselling (up to two years). Fees are on a sliding scale related to income.

Website: [www.sharepsychotherapy.org](http://www.sharepsychotherapy.org)

Email: [office@sharepsychotherapy.org](mailto:office@sharepsychotherapy.org)

Tel: 0114 2730200

**Sheffield Central Counselling**

Sheffield Central Counselling

Courtwood House

Silver Street Head

Sheffield

S1 2DD

Central Counselling offer an open-ended number of sessions. Fees are on a sliding scale related to income.

Website: www. sheffieldcentralcounselling.co.uk

Email: [info@sheffieldcentralcounselling.co.uk](mailto:info@sheffieldcentralcounselling.co.uk)

Tel: 0114 3260043

**Westside Therapy**

Based in Crookes S10 and Broomhill S10

Westside Therapy offers a flat rate of £25 (Melanie) and £35 (Fiona) a session.

Website: www.westsidetherapysheffield.com

Email: westside [therapysheffield@gmail.com](mailto:therapysheffield@gmail.com)

Tel: Melanie 07746139113 or Fiona 07854525787

**South Yorkshire Eating Disorders Association (SYEDA)**

26-28 Bedford Street

Sheffield

S6 3BT

SYEDA offer help and support to people with eating disorders. They also offer support to family and friends of people struggling with eating disorders.

Website: [www.syeda.org.uk](http://www.syeda.org.uk)

Email: [info@syeda.org.uk](mailto:info@syeda.org.uk)

Tel: 0114 2728822