



## Phoenix Therapy Practice

Adults, Couples and Group Psychotherapy, Counselling and Psychological Services

# Free & Low-cost Counselling for people affected by cancer

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### Who we are

Phoenix Therapy Practice is a not-for-profit therapy organisation based in Brighton and Hove.

### Support available

We currently have funding to offer free or low-cost, time-limited counselling and psychotherapy for people who are struggling with cancer related issues. It may be that you have cancer now, have had it in the past, or you have a close relative with cancer.

### Who is eligible

People living in Brighton and Hove, East and West Sussex.

### Fees

We ask everyone to pay what they can afford, so that we can support as many people as possible.

### Location

We offer sessions in person at one of our two centres in Brighton and Hove, or via video call or telephone.

### Free initial consultation

We offer a free 50-minute initial consultation to find out how best we can help. We will consider your situation and preferences carefully to match you with a suitable practitioner.

### Our practitioners

We have a team of over 55 practitioners offering a range of different types of counselling and psychotherapy. Sessions are offered on a weekly basis.

### Contact

To arrange a free initial consultation, please email [info@phoenixtherapypractice.co.uk](mailto:info@phoenixtherapypractice.co.uk) or phone 01273 256882.