

FREE COUNSELLING & MENTAL HEALTH Support Sessions



 **YOU ARE NOT ALONE – WE'RE HERE TO LISTEN**



SUPPORT FOR:

Anxiety, stress, depression, low mood, bereavement, relationship difficulties, and more.

We're here to help.



HOW TO ACCESS OUR SERVICE:

- ✓ Self refer via our online form
- ✓ Referred by your GP or Social Prescriber



WHAT TO EXPECT:

- ✓ Safe, confidential and non-judgemental space
- ✓ One-to-one support
- ✓ Tailored to you



Scan me for more info

SELF REFERRAL ONLY – OR BY REFERRAL ONLY



COUNSELLING & MENTAL HEALTH SESSIONS

Room 27, BPRCVS Centre

 **FREE • SELF REFERRAL ONLY • BY REFERRAL ONLY**
30 SESSIONS AVAILABLE PER SERVICE



COUNSELLING

30 SESSIONS AVAILABLE



Tuesdays: 08:00 - 10:00
14:30 - 17:30

Thursdays: 14:00 - 18:00



SUPPORT WORK

30 SESSIONS AVAILABLE



Mondays: 09:30 - 12:30
Tuesdays: 09:30 - 12:30



All sessions take place at:
Room 27, BPRCVS Centre
62-64 Yorkshire St, Burnley, BB11 3BT



GROUP SESSIONS

All sessions are free to attend



FRIDAY FRIENDSHIP GROUP

14:00 - 16:00

 The Scout Hut, Off Gilbert St,
Harle Syke, BB10 2EN

FREE ENTRY FROM
28/08/2026
UNTIL 12/03/2027
(Group continues past this point)



FRIDAY FAMILY SUPPORT

17:00 - 20:00

 The Scout Hut, Off Gilbert St,
Harle Syke, BB10 2EN



MONDAY FAMILY SUPPORT

14:30 - 17:30

 Upstairs at Gannow Community Centre,
Adamson St, Burnley, BB12 6RB



ALL SESSIONS BEGIN ON:

Monday Family Support: **Monday 24/08/2026**

Friday Sessions: **Friday 28/08/2026**

Counselling & Mental Health Sessions also start from **24/08/2026**

OUR SERVICES



Group Work



1-2-1 Massages



Family Support



One-to-one Mental Health Support

Friendship Group Address

 Briercliffe Scout Hut
Off Gilbert St
Briercliffe
BB10 2EN
(Easiest access off Moorview Close)

 **BPRCVS Centre**
Yorkshire St, BB11 3BT

This venue is used for massages and one-to-ones – massage for availability



IMPROVING WELLBEING THROUGHOUT THE COMMUNITY



Scan me for more info



The Oasis
Community mind & body service



We are funded by LSCIB through the Social Prescribing service



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