

STEP BY STEP



COUNSELLING SERVICE

'Step by Step' is Lancashire BME Network's counselling service.

Individuals can either self-refer or be referred in to our service by a third party. The service is open to all members of the community.

OUR SERVICE

-  Free and confidential
-  For anyone 18+
-  No GP referral required
-  Our counselling will support you with
 - Anxiety
 - Confidence
 - Relationships
 - Emotional Health
 - Loss
-  Culturally competent service
-  Available in community languages

For more information about any of our services please contact us:

 **01254 392974**

 **referrals@lancashirebmenetwork.org.uk**

**LANCASHIRE
BME NETWORK**



Leading change through empowerment

www.lancashirebmenetwork.org.uk

Suite 412, Daisyfield Business Centre,
Appleby Street, Blackburn, BB1 3BL.