

# Crossroads Counselling

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Crossroads Counselling is a low cost counselling service for the residents of Tower Hamlets.

Crossroads Counselling works with adults and children who live, work or worship in Tower Hamlets. Our aim is to see members of our community thrive as individuals or organisations; we do this by offering:

- adult one to one counselling
- adult relationship (couples) counselling
- child therapy in specific primary schools
- supervision, training and consultancy.

## Who to contact

<b>Telephone</b>	020 8981 8388
<b>Email</b>	<a href="mailto:info@crossroadscounselling.org">info@crossroadscounselling.org</a>
<b>Website</b>	<a href="http://www.crossroadscounselling.org">www.crossroadscounselling.org</a>

## Where to go

<b>Venue address</b>	144 Roman Road London
<b>Postcode</b>	E2 0RY
<b>Additional Notes</b>	10 minutes walk from Bethnal Green Underground Station, Buses 8 & D6 stop directly outside centre

## Mental Health Services

<b>Can service users refer themselves?</b>	Yes
<b>Types of services and activities</b>	Counselling

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