

Who We Are

About Us

The HCCL team are qualified counsellors and have undertaken over 150 counselling hours.

Trainees are fully supervised and all counsellors undergo monthly supervision with an appropriately qualified supervisor.

We adhere to the BACP and ACC Ethical Framework of Good Practice.

Contact Us

Phone or Text: 07432 843399

Email: hellohccloughton@gmail.com

We are on

[facebook](#)

HCCL is an agency based on Christian beliefs and values. We welcome people of all faith backgrounds and none.

Travelling by train

We are a five minute walk from Loughton Station, which is on the Central Line of the London Underground.

On arrival at the station, leave by the main exit and bear right, walking up past the bus stops to the roundabout. Cross over and walk to the top of Station Road (signposted 'Police Station'), passing Majestic and Nando's on your right. Turn right at the top into the High Road, and St. Mary's Church (and the Hope Centre is on your right).

Travelling by bus

St. Mary's is served by London Transport bus services 167 (operated by Docklands Minibuses) and 20 (operated by Arriva), as well as other local services. There is a bus stop directly opposite the church travelling Northbound (towards Debden) and a stop 25 metres away outside Barclays Bank travelling Southbound (towards Woodford/Buckhurst Hill/Chigwell).

Travelling by car

There is a small car park at the church but it can get busy. Alternative parking (payable locally) is available in the High Road, The Drive and Traps Hill.



Hope Centre
Counselling Loughton

You are welcome here

Hope Centre, 201 High Road,
Loughton, Essex IG10 1BB



How can you help me?

What we offer...

HCCL provides a confidential and professional counselling service to all members of our community. It is our heart that no one journeys alone through a difficult time in their life. Our team of highly skilled counsellors are trained to work with a variety of issues including, but not limited to:

- ❖ Depression
- ❖ Anxiety
- ❖ Stress
- ❖ Bereavement
- ❖ Low Self Esteem
- ❖ Relationship Issues
- ❖ Abuse
- ❖ Spiritual Issues
- ❖ Self-Harm
- ❖ Phobias

How do I access your services?

You can call, text, email with your details and one of our counsellors will contact you as soon as possible.

You will be offered a free initial assessment as quickly as we can to explore whether we are the right service to help you.

*My counsellor listened to me
and made me feel safe. I felt
understood for the first time.*

How much is counselling?

Sessions are £40 per counselling hour (50 minutes). Trainee counsellors are available at a reduced cost of £25. However, no one will be refused access to this service for their genuine inability to pay.

We have a range of accessible payment options so come and speak with us and we will do everything we can to help you.



Let your worries go....

What you can expect...

We offer a calm, non-judgmental atmosphere to explore any problems you may be facing. It is helpful to speak to someone who takes time to listen, is independent and has the skills to help you find a way forward. We offer face-to-face, online and telephone counselling.

We are integrative counsellors, which means we draw from a rich pool of counselling models so your therapy will be tailor-made for you.

Where you will find us....

We have counselling rooms in the Hope Centre, part of St Mary's Church on the High Road in Loughton, meaning we are easily accessible by bus, tube or car. Further details on how to find us are on the back of this leaflet.