

Structured Counselling



If you're struggling with challenges in your life, you can use Spark to contact a counsellor who'll carry out a mental health consultation. After the consultation, if the counsellor feels it's appropriate and with your agreement, you may be referred to a specialist for **structured counselling**. You could receive up to eight sessions, either face-to-face, over video, or by phone. The specialist will recommend therapies tailored to your needs and recommendations may include different types of therapy.



Structured counselling is carried out over a set number of sessions, with a clear approach, and specific goals. It's usually short-term and focuses on helping you achieve specific outcomes by working together with your specialist. This service is provided by Spectrum.life.

Alternative formats

If you would like this translated or have a copy in an alternative format such as large print, braille or audio please [email us](#) or call us on **0345 026 0094**. Lines are open from 9am to 5pm, Monday to Friday. We may record and monitor calls. Call charges will vary. BH4307 06/25

