

LGBTQIA+

COUNSELLING & CREATIVE MENTORING

**AN INCLUSIVE SERVICE
MEETING UNIQUE
NEEDS**

EMPOWERING

A compassionate and empowering support service. Understanding you, your circumstances, connection and opportunities for positive change.



SAFE SPACE

A dedicated team of counsellors and practitioners with lived LGBTQIA+ experience, supporting adults, young people, and families who need support. They are qualified in creative mentoring and counselling skills, and all have an enhanced DBS.

**1-1 Counselling
Creative Mentoring
Therapeutic
Groups
Adults & Young
People**

SUPPORTING CHALLENGES

Our inclusive approach enables us to use a variety of ways to therapeutically work with someone, and ensure we are supporting them to feel comfortable. This may be as an individual or in a group, using counselling skills in talking therapy, or creative tools to explore challenging feelings, emotions and behaviours.





“A welcoming and safe service where everyone's experience is valued and supported ”

About Us

Essential Space is a Gloucestershire community interest company. We believe everyone should have an opportunity for positive change, and access to professional mental health support and therapy, no matter what their circumstances may be.

Our Identity Space service holds safety and connection at its core. With a team dedicated to nurturing mental health and emotional well-being, we aim to support people to explore what they are feeling or experiencing in an affirming environment.

It is our belief, that with the right support, skills and understanding, this can make a huge difference when processing challenging and adverse experiences.

Identity Space

1-1 Face to Face Counselling

Online Counselling

Creative Mentoring

Walk and Talk

Group Support

Cost is from £15.00 depending on the service and taking into account your personal circumstances

Why Choose Us?

Created for you

We are committed to providing inclusive spaces that are needed by people in our community

Professional Service

All of our team members are qualified and experienced to support someone's unique needs

Personalised Experience

From young to older, we understand that offering different support options is essential

Sense of community

Our group spaces are affirming, bringing people together who can relate to each other



www.essentialspace.co.uk