



# HARLEY THERAPY

Psychotherapy & Counselling London





## Who are we?

We are a group of expert mental health practitioners - Counselling Psychologists, Psychotherapists and Consultant Psychiatrists - qualified to the highest standards. We are independent in our style of working but we share a common passion for therapy and a commitment to emotional wellbeing.

Established in 2006, we have grown to become a reputable network of over thirty clinicians working from Harley Street W1, the City EC2, London Bridge SE1, Canary Wharf E14 and via SKYPE.

“

*I have just finished going to therapy and wanted to say that the sessions have really helped me understand how to deal with my anxiety on a daily basis...If ever I have further problems, you and your practice would be the first I contact*





## What do we do?

We connect you with first-rate psychologists that offer:

- Face-to-face counselling (short and long term)
- SKYPE & telephone counselling
- Cognitive Behavioural Therapy  
(as well as most other therapeutic approaches)
- Psychological Assessments
- Mental Health Diagnoses

The therapists work with adults, couples, families, adolescents and children.

“

*Harley Therapy provided excellent resources in a difficult period. The facilities are comfortable and are in an excellent location and everybody there is welcoming and pleasant. Should the need arise I would definitely go back here as the first port of call*

### Areas of Specialty include (but not limited to):

Anxiety, Stress Management, Depression, Relationships Problems including Divorce and Separation, Work / Career Issues, Self-Esteem, Anger Management, Eating Disorders, Trauma and Post Traumatic Stress Disorder, Bereavement, Addiction, Drug and Alcohol Misuse, Multicultural Issues, Same-Sex Counselling, Self-Development / Life Coaching, Phobias, Sexual Problems, Obsessive Compulsive Disorders, Sleep Problems



“

*The counselling sessions have really turned my life around. I had previously had counselling but did not feel that I benefited from it as I did not feel comfortable with the sessions and did not learn anything which would help me with problem areas in my life.*

## Who can we help?

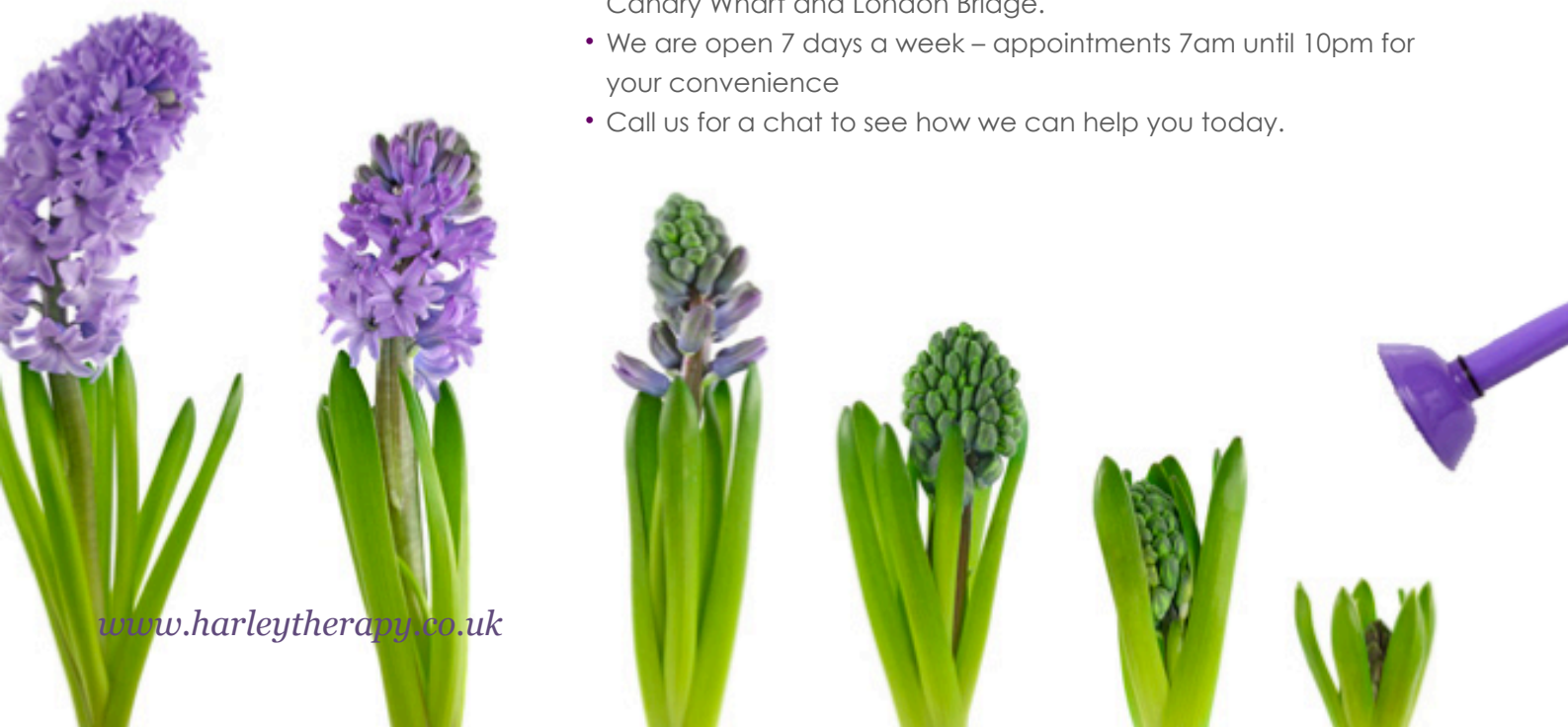
The clients who contact us are varied, although the majority are self-referred professionals (and their families) working and living in and around London.

We also have many international requests (primarily from Europe, the UAE, Asia and the US) who have weekly telephone or SKYPE counselling and have the option of attending face-to-face sessions during visits to London.

Therapists place a high priority on discretion and confidentiality for all clients.

## What can we offer you?

- We are an established collection of therapists with a proven track record of client commitment.
- Therapists are dedicated to helping those who wish to improve their mood and emotional wellbeing.
- Therapists are trained in general assessments and between them are able to help in almost any issue.
- The therapists draw upon a number of different approaches according to your needs.
- All therapists are trained in the UK's foremost counselling institutions and are expert in their field.
- You have access to an on-site psychiatrist for medical diagnosis and reports.
- Our rooms are based in the world-renowned medical district of Harley Street and also have practices in the City of London, Canary Wharf and London Bridge.
- We are open 7 days a week – appointments 7am until 10pm for your convenience
- Call us for a chat to see how we can help you today.





## Where are we?

We have four premises:

1-7 Harley Street, London, W1G 9QD

12 Harley Street, London, W1G 9PG

16 Pepper Street, London, E14 9RP

2-8 Victoria Avenue, Bishopsgate, London, EC2M 4NS

8 St Thomas Street, London, SE1 9RS

## How to book?

Call us on: 0845 474 1724

Use booking form: <https://www.harleytherapy.co.uk/book.htm>

Send us an SMS Text: 07797 806 960

Email us for more information: [help@harleytherapy.co.uk](mailto:help@harleytherapy.co.uk)

“

*I have nothing but praise for Harley Therapy. I was extremely reluctant to contact them but it has had an incredibly positive impact on my life.*

### Opening hours

Monday-Friday 7am-10pm,  
Saturday & Sunday 8am-8pm



Appointments are usually available within 48 hours of initial contact. Some practitioners are registered with health care providers such as:  
AVIVA, Cigna, BUPA International

[www.harleytherapy.co.uk](http://www.harleytherapy.co.uk)





[www.harleytherapy.co.uk](http://www.harleytherapy.co.uk)