



# Spectra in Wandsworth

*Lead the life you want to lead*

Spectra offers free counselling, group work, mindfulness training, and 1-to-1 mentoring to residents and those attending school in Wandsworth aged 13 and above.

**Sexual Health / Stress / Depression / Anxiety / Relationship Issues / Sexuality / Gender / Self Esteem / Bullying / Managing Feelings and Emotions**

**COUNSELLING  
GROUP WORK  
MINDFULNESS  
MENTORING**

**At Spectra**

Our experienced counsellors and mentors are here to support your health and emotional wellbeing. We work to combat isolation and discrimination, creating a non-judgmental space where you can explore what's going on for you and make informed choices about the life you want to lead.

Black and minority ethnic people of all sexualities and gender identities

Lesbian, gay, bisexual and queer communities and those questioning their sexuality

Men who have sex with men

Spectra works with all those who need our services including:

Young people aged 13 and above

Non-binary and people of trans experience and those questioning their gender identity



Call or email to make a referral or book an appointment for yourself:

[wandsworth@spectra-london.org.uk](mailto:wandsworth@spectra-london.org.uk)

077 1240 4252