



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

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

Young people aged 13 and above



Call or email to make a referral or book an appointment for yourself:
wandsworth@spectra-london.org.uk
077 1240 4252