



LYMINGTON PSYCHOTHERAPY

102 Palamos House
66-67 High Street
Lymington
SO41 9AL

The practice is in Palamos House which is just at the back of the Nationwide Building Society almost opposite the Post Office in the High Street. Walk down the driveway alongside the Nationwide where there is a glass entrance hall on the right hand side. There is

no waiting room facility so please arrive at the time of the appointment and press the doorbell for 102 on the left of the front door. Come in to the entrance hall where your therapist will meet you. There are 19 stairs up to the first floor where the room is

located and there are toilet facilities available.