



- ❖ **Are you having difficulty functioning on a day to day basis due to unresolved issues?**
- ❖ **Are you experiencing emotional problems that affect your life?**
- ❖ **Do you find it difficult to cope due to feeling depressed, anxious or sad?**

**Call us or email for help and support.**



**Affordable  
Counselling for all**

**Supporting those  
with mental health  
or emotional  
issues**

**1 – 1 Counselling  
and Group  
Therapy courses**

**Registered Charity  
(1055224)**

**Member of British  
Association for  
Counselling and  
Psychotherapy**

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