



WHAT IS COUNSELLING ALL ABOUT?

Counselling is a talk therapy that is used to support people and help them to overcome issues within their lives. It allows people to discuss and explore their situations in a safe, confidential, encouraging and supportive environment.

It is a process that enables people to gain insight, explore thoughts and feelings and make changes, if they wish, to their lives.

Counselling is available for anyone, anywhere.

What can therapy help with?

Counselling can help with a variety of issues such as; anxiety, stress, relationships, bereavement, addiction, mental health concerns, trauma and many other aspects of life. If you feel you need a place to talk, be heard and listened to in order to make changes within your life or to gain insights and understand your feelings in more depth, then counselling may help you.

What type of therapy do I need?

There are a variety of therapeutic approaches and it's important to find one that works for you. We are all unique and individual, much like our counselling process so you may need to do a little research on the different types to find which ones you are drawn to and would consider experiencing.

How to choose a counsellor?

Choosing your counsellor is an important element of the therapeutic process. In order to feel safe, secure and be in an environment where you are able to talk, it's important to connect with your counsellor. Try looking at their profile's, read their descriptions, send an email or book an initial session. At the end of most initial sessions you will know whether you would like to work with this counsellor.

