



# HEAR FOR YOU COUNSELLING SERVICE

We're a team of insured and qualified counsellors with a variety of background experience in all sectors. Our approach to counselling is integrative and we use a combination of techniques and models of therapy. These include person-centred therapy, mindfulness practices and CBT. We focus our structure around the individual person. You are unique and we will structure our services around you.

**SADNESS**

**ANXIETY**

**DEPRESSION**

**FEELINGS OF PANIC**

**FACING CHANGE**

**OVERWHELMED**

## **Free Initial Assessment**

**Further session fees can be discussed, subject to income**

**A personal plan may cover a period of between 8 - 12 weeks**

**Nobody shouldn't be listened to due to finances**

## **What is counselling?**

- It is having someone to listen to you
- It can help you through a difficult time
- It can help you make better decisions
- It can help you develop coping skills
- It can help you make positive changes

**It is for those who cannot talk to family and friends about**

- Bereavement
- Stress
- Relationship problems
- Grief or loss
- Illness
- Boundaries

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