

Counselling Services



The positive impact that our counselling has on the lives of the people we support can be significant and life-changing. Providing support which empowers people can enable them to make better choices which can help relieve pressures and reduce feelings they have of 'being trapped in a situation they have no control over'. We show clients that with our support they can take back control of their lives. This feeling of empowerment improves their overall mental health and well-being

One client said:

'Thank you so very much, I am not great with putting feelings into words, but honestly you saved me from a very dark place and I will always be so very grateful. From the start of sessions, you made me feel so safe, and made it very easy to express my feelings without judgement.'

I was traumatised, and really didn't know where to turn, thank you so much. You identified my needs, and with talking and your guidance I feel nearly human again. Thank you so much'