

# Types of therapy

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Types of Therapy

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Walking Therapy

## Walking therapy

Walking therapy is a form of outdoor therapy that involves walking in a natural environment, such as a park or forest, with a therapist. This type of therapy is designed to help individuals with mental health issues, such as depression, anxiety, and PTSD, to improve their mood and reduce stress. Walking therapy is a form of outdoor therapy that involves walking in a natural environment, such as a park or forest, with a therapist. This type of therapy is designed to help individuals with mental health issues, such as depression, anxiety, and PTSD, to improve their mood and reduce stress.

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Traditional Therapy

## Indoor Sessions

Indoor sessions are a form of therapy that takes place in a controlled environment, such as a therapy room or office. This type of therapy is designed to help individuals with mental health issues, such as depression, anxiety, and PTSD, to improve their mood and reduce stress. Indoor sessions are a form of therapy that takes place in a controlled environment, such as a therapy room or office. This type of therapy is designed to help individuals with mental health issues, such as depression, anxiety, and PTSD, to improve their mood and reduce stress.

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Social Distance Therapy

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Social distance therapy is a form of therapy that involves walking in a natural environment, such as a park or forest, with a therapist. This type of therapy is designed to help individuals with mental health issues, such as depression, anxiety, and PTSD, to improve their mood and reduce stress. Social distance therapy is a form of therapy that involves walking in a natural environment, such as a park or forest, with a therapist. This type of therapy is designed to help individuals with mental health issues, such as depression, anxiety, and PTSD, to improve their mood and reduce stress.

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Crisis Links

### Who to call in a crisis

- Shout 01010 000 002
- Samaritan 01010 000 002
- Papyrus 01010 000 002
- Suicide Prevention 01010 000 002

Accreditation



Accreditation is a process that ensures that a service meets certain standards of quality and safety. This process is designed to help individuals with mental health issues, such as depression, anxiety, and PTSD, to improve their mood and reduce stress. Accreditation is a process that ensures that a service meets certain standards of quality and safety. This process is designed to help individuals with mental health issues, such as depression, anxiety, and PTSD, to improve their mood and reduce stress.

Contact Details

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