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Legend

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Search for a therapist here Search for a therapist based on a keyword

Advanced search

Therapist

Search

What is therapy and counselling? Therapy offers you a safe, confidential place to talk about your life and anything that

may be confusing, painful or uncomfortable. It allows you to talk with someone who is trained to listen attentively and to help you improve things. How will therapy make me feel?

Therapy is a very personal process. Sometimes it is necessary

to talk □about painful feelings or difficult decisions, so you may go through a □period of feeling worse than when you started. However, therapy should enable you to feel better in the longrun. If you do experience a period of feeling worse, talk to your

therapist about it to ensure you get the best out of your therapy.

Speak to a therapist now

In the news 28 Feb 2020

Depressions Dangerous Secret

Depressions Dangerous Secret

A new study which is the first of its kind has been published this week, which looked at the state of Mental Health among airline pilots, the study was carried out by Harvard's Public Health School after Andreas Lubitz

steering of the Germanwings flight into the French Alps. The results of the study found that one in seven pilots suffer depression, with pilots aged in their forties being at most risk the reality of this means that a worrying 14% of nilots reach the threshold of for clinical denression

What can counselling help

15 Dec

Talking therapies, such as counselling, can be used to treat many different health

conditions including:

with?

- depression anxiety
- borderline personality disorder (BPD) obsessive compulsive disorder (OCD)
- post-traumatic stress disorder (PTSD) long-term illnesses

eating disorders, such as anorexia

nervosa and bulimia drug misuse

Face to face Counselling When life gives you issues, the pain, loss,

From the blog

in Easy Terms

White the second

The Law of Attraction -

28 Feb 2020

uncertainty may feel too much to face alone. On line face to face therapy and counselling

via web cam is a great way to give you control of choosing the time and counsellor to suite your needs. You can see who you are talking to and read about your counsellor or therapist in advance, this will help you decide who you want to talk to and give you the freedom to be in control of your time, budget, and ultimately the choice in choosing the counsellor who will help you.

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08 Nov

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