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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

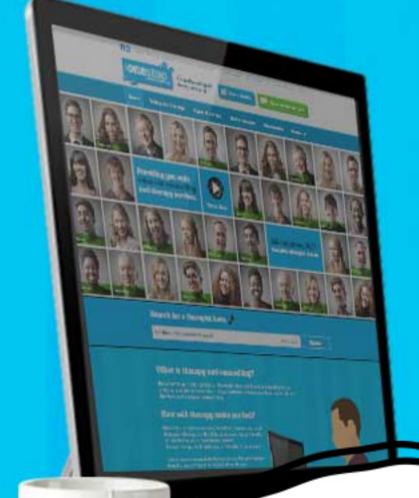
Depressions Dangerous Secret

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.

most risk the reality of this means that a worrying 14% of nilots reach the threshold of for clinical denression $^{1/2}$

The results of the study found that one in seven pilots suffer depression, with pilots aged in their forties being at



From the blog

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28 Feb 2020

The Law of Attraction in Easy Terms



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What can counselling help with?

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

- 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, 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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