Home Page

Something about the BACP

Some logos perhaps twitter facebook – I need to think about that.

Debbie Livermore

07910537 358

Qualified and Registered BACP Counsellor

Needs a more friendly and inviting font

I’m glad you have found your way here, it’s your first step towards feeling better.

Most of us will experience difficult times in our lives. Perhaps you are going through a difficult life event, are struggling to come to terms with past experiences, feeling low and a bit lost. Perhaps the future feels difficult to see, or there are changes you want to make. Maybe you are finding it hard to maintain relationships, struggling with stress, feeling overwhelmed and panicky, want to lose weight or are caught in an addictive behaviour.

Calm picture here

Whatever has brought you here, I’m glad you found me. I can offer a non-judgmental, kind, supportive and confidential environment to explore how you are feeling.

As a Person centred therapist I can be by your side while you explore the changes that will help you move forward, lift your head and think about a happier future.

Hopeful picture here

.

If you need to speak to someone immediately the please call the Samaritans free on 116 123

Maybe drop link or logo here