



**HELLEN SOCIAL WORK PRACTICE**  
mental health matters

Our

# Services

- Individual / family and group counselling
- Trauma and debriefing
- Relationship counselling
- Grief and Bereavement
- Pre and post marital counselling
- Counselling in chronic illness
- Counselling
- Parenting skills
- Anger management
- teenage behaviors change and counselling
- Anxiety and stress management
- Neurodiversity affirming counselling

**Online, home visit office counselling available**

**Hellen Mathebula social work in private practice**

**Practice no: 1255681 council no: 10-54719**

Medical AID & Cash Accepted

**CONTACT US**



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