

# MENTAL HEALTH COUNSELLING



## About Counselling

Whether you're suffering from anxiety, depression, grief, stress, trauma, low self-esteem, addiction, family dispute or not even sure how you feel, counselling will help you understand your feelings. This allows you live in a way that honours your feelings while still helps you cope with them.

Counselling is for you if you have one of more of:

- Overwhelming feelings of sadness or helplessness.
- An inability to cope with everyday problems.
- Difficulty concentrating on work or studies most of the time.

- Drinking too much, taking drugs, or being aggressive to an extent that is harming yourself or others.
- A sense that problems never improve, despite receiving help from friends and family.
- Feeling constantly on edge or worrying unnecessarily.
- Growing as a person

Your counselling is customised using different tools including talk therapy, hypnotherapy, movement therapy and cognitive behavioural therapy .

**Therapists:** Aisha or Tessa

**Price:** BD40 for 1 session or BD120 for 4 sessions paid upfront

**To book** Please call 17591565