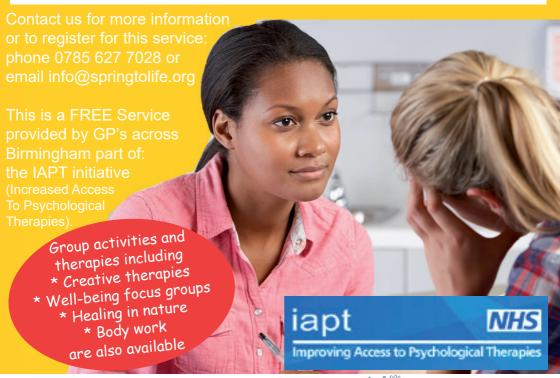
Short term one-to-one counselling support sessions, to help overcome common mental health problems which may arise for many reasons including:

Stress

Depression

We provide a 'safe space' in your locality to see you quickly and regularly to help you understand and overcome the effects of difficult life events.

If you are registered with a Birmingham GP and complete our assessment form you may qualify for free one to-one support from a qualified Counsellor.



This service is available in Acocks Green delivered in partnership with:





Short term one-to-one counselling support sessions, to help overcome common mental health problems which may arise for many reasons including:

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