

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

Stress

Depression
Anxiety

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.

Contact us for more information or to register for this service: phone 0785 627 7028 or email info@springtolife.org

This is a FREE Service provided by GP's across Birmingham part of: the IAPT initiative (Increased Access To Psychological Therapies).

Group activities and therapies including

- * Creative therapies
- * Well-being focus groups
- * Healing in nature
- * Body work

are also available

iapt

NHS

Improving Access to Psychological Therapies

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



House Of Play + Education



Spring To Life

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This service is available in Birmingham delivered by:

