

WHAT CAN A COUNSELLOR HELP ME WITH?

WE CAN HELP YOU WITH MANY ISSUES INCLUDING:

- ANXIETY AND DEPRESSION.
- LOW SELF-ESTEEM AND CONFIDENCE.
- SELF-HARM AND SUICIDAL THOUGHTS.
 - ADDICTIONS.
 - EATING DISORDERS.
 - LOSS AND BEREAVEMENT.
 - BULLYING AND LONELINESS.
- LGBTQ+ AND GENDER DYSPHORIA.
 - PHOBIAS.
- SCHOOL AND WORK RELATED ISSUES.



JANEY IS A QUALIFIED COUNSELLOR WHO YOUTH TEAM CAN REFER YOU TO... JUST ASK