

**PROMOTING
WORKPLACE
WELLNESS**

Integration Counselling

**Your Workplace
Counselling Provider**

**INTEGRATIVE
COUNSELLING &
PSYCHOTHERAPY
SERVICE**

A welcoming space, where you can talk confidentiality in a supportive and non-judgemental environment. Together we can explore any issues or difficulties you are facing, to enable you to create change in your life, and improve your mental and emotional well being.



**Integration
Counselling**
THERAPY SERVICE



Workplace wellness ● prioritised

CONSULTATIONS AVAILABLE

Counselling aims to address a number of issues that may be affecting you in or out of the workplace. Common topics include:

- Anxiety
- Low mood
- Depression
- Workplace stress
- Relationship issues
- Self-esteem
- Obsessive thoughts
- Gender or sexuality

To self-refer, email
integrationcounselling@outlook.com,
or call 0751 050 6776

For more information on the services
provided visit:

www.integrationcounselling.co.uk

