




Counselling for Health and Wellbeing

- living with illness
- anxiety and stress
- depression
- relationship issues
- problems at work
- grief and loss

Life in
View:



**Are you feeling low, anxious,
frightened, sad, angry, guilty
or simply withdrawn and alone
because of a change in your
health and wellbeing?**

Having worked in healthcare for 25 years,
I understand how hard it can be for anyone living
with a long term condition such as depression,
anxiety, pain, diabetes, cancer or kidney disease.

I specialise in counselling patients and family members
who are finding it difficult to manage the ups and
downs of daily life with a health condition and the
associated changes in emotions.

As our minds and bodies are so closely linked, taking
some time to make sense of underlying feelings
and concerns can really help with understanding
and managing health, emotions, behaviour and
relationships better.



I am a fully qualified and experienced BACP registered counsellor offering individual counselling to adults.

- 25 years working with patients and professionals within the NHS and patient organisations
- Working as an NHS counsellor within GP surgeries
- Counsellor at Macmillan palliative care service
- Bereavement counsellor
- Medical writer and photographer

Working together

Counselling is not about giving advice, but more about helping you to find the best way forward to feeling more fulfilled, at peace with yourself and the world around you, and better able to cope.

I offer short-term or long-term therapy, depending on your needs and what is most appropriate.

I work from counselling rooms in the market town of Petersfield, or I can visit your home if you are unable to travel and you live within a 12 mile radius of Petersfield. I also offer telephone counselling.

Each session lasts 50 minutes and costs £40. Mileage costs are additional for home visits.

Please just call me or email me to find out more.

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Dip Counselling MBACP

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