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**Themes:** Advocacy, , Counselling, Mental Health

**Aimed at:** All People

When you are going through a difficult time, it can be very easy to keep your worries to yourself and believe that you are the only one experiencing such painful feelings. While we all have our own ways of coping, information and support can make a huge difference.

Counselling Directory was set up by a team who know how difficult it can be to find the support and information you need. Being a team who between us have experienced various mental health issues, we know how it feels to be overwhelmed, isolated and somewhat lost.

Through our own experiences, we have learnt how important having relevant information is and how the right support can help transform lives.

Our journey inspired us to share what we have learnt along the way with others. Our team is passionate about counselling and we want to promote the huge benefits talking therapy can have. We know how important it is to find the right counsellor for you and we are dedicated to making that process as simple as possible.

Contact us by phone

Tel: 0333 325 2500

**Area:** Bassetlaw, Bolsover

## **Contact Details**

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