

COUNSELLING SERVICE LIVING OPTIONS DEVON



Counselling Service

Offering 6 free sessions
of accessible counselling to
people with a disability and
members of the Deaf community
(BSL users) across Devon.

WHAT IS COUNSELLING?

Counselling is a talking therapy which helps people understand complicated feelings to help you deal with issues affecting their life.

It gives them a fresh perspective on events from the past and gives them the skills to manage these feelings in the future.



WHO CAN BENEFIT?

Everyone can benefit from counselling.
You might seek counselling to help with:

- Anxiety / depression
- Bereavement / loss
- Issues of self esteem
- Trauma
- Relationship issues
- Addiction



OUR COUNSELLING SERVICE

We provide **6 free** counselling sessions to disabled people and Deaf BSL users across Devon.

- 2 fully accessible counselling rooms
- Accessible premises in Exeter with free onsite parking
- Online counselling available
- Fully trained counsellors
- One counsellor fluent in BSL and a member of Devon Deaf Community



“

I aim to support people in an understanding and non-judgmental way. I create an environment where people feel safe and understood.

Keira Dodd - Counsellor

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MAKE AN APPOINTMENT

For further information or to book an appointment

Phone: 01392 459222

Email: info@livingoptions.org

SMS: 0785 642 6940



We're waiting for your call

The Counselling Service at Living Options Devon, Units 3-4 Cranmere Court, Lustleigh Close, Matford Business Park Exeter EX2 8PW
Living Options Devon registered charity 1102489