



Counselling Service

Six free sessions of accessible counselling

Counselling is a talking therapy which can help you to understand your feelings and provide you with ways to cope with issues affecting your life.

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



Who can benefit?

You might seek counselling to help with:

- Anxiety
- Depression
- Bereavement or loss
- Issues of self esteem
- Trauma
- Relationship issues
- Addiction

www.livingoptions.org

Help for people with a disability and members of the Deaf community (BSL users) across Devon

Our Counselling service offers:

- Fully accessible counselling rooms
- Free onsite parking
- Online and telephone counselling available if preferred
- 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

How to get in touch:

Call us on: 01392 459222

Email: info@livingoptions.org

SMS 07856 426 940 or BSL Facetime:

info@livingoptions.org

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