

acknowledging your pain and neiping you to find the best way to deal with any issues that are ongoing now. It is not about the counsellor giving you advice – its about the counsellor working with you to find your own solutions.

Unisus is based in Wallsend where we hold in person one on one counselling and group support sessions, but we also offer our counselling service online for those who cannot attend in person or prefer to have sessions in the safety of their own homes. Our service is funded so there is no cost to the client for our counselling service and for anyone who wants to access counselling at home but does not have the technology/data to access online sessions, we have a provision of devices and support in using them as well.

Mental Health, Depression, Anxiety, Talking therapy, wellbeing, counselling



mental health | anxiety | Health & Wellbeing | disability | counselling | emotional support | therapy | depression





kelly.oliverdougall@unisus.org.uk



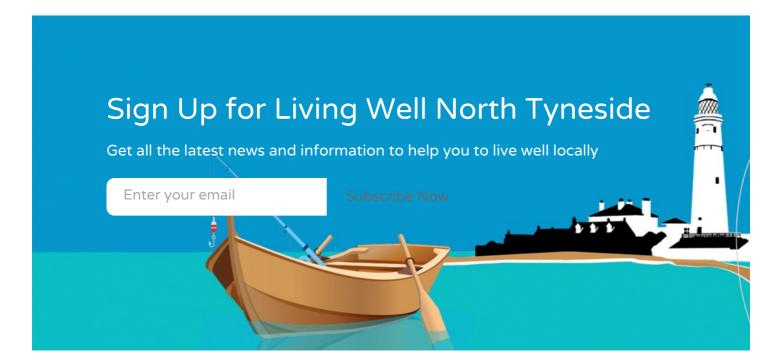
England NE28 6EH



http://unisus.org.uk



Last Updated - 13th December 2023



© 2024 Living Well North Tyneside | Web Design: Indigo Newcastle