

Sutton Counselling **Talking Helps**

Making Counselling Available To The Community

Sutton Counselling is Open

Many people are suffering emotional and mental health effects of the ongoing Covid-19 crisis, while others are struggling with the ongoing troubles of day-to-day life. Perhaps you are experiencing:

**anxiety, fear, frustration,
anger, loneliness, loss, grief, employment or
relationship difficulties.**

These might be heightened during these difficult times.

Sutton Counselling offers a confidential space to talk things through. We offer either brief (6-24 sessions), or long term (up to two years) counselling by telephone or video link.

You can contact us:

By Telephone: 020 8661 7869

Or Email: info@suttoncounselling.co.uk

Sutton Counselling provides counselling which is affordable for the client's means in order to relieve mental and emotional suffering.

More details can be found: www.suttoncounselling.co.uk

BACP Accredited Service
Registered charity: 1143684
Company number: 07604221

