



Counselling

A Guide to our On-Line counselling service

Ulverston Mind are now able to offer an on line counselling service. This can be by telephone or video as you prefer.

Online counselling is an alternative way to get support from a professional counsellor. It is an opportunity to explore difficulties, express feelings and untangle troubles in a safe, professional space without judgement. On-line counselling can provide professional and effective counselling without meeting in person.

Do you feel it's time to seek support for the effects of the national coronavirus emergency? You may be struggling with loss, stress, low mood, depression and / or anxiousness as well as traumas and looking for support to help recover.

You are not alone if feeling this way and its true to say we are all in this together. Talking to someone who understands can be very healing.

Call or email leaving us your contact details we will then book you in for an on-line assessment.

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