

RIVELIN COUNSELLING & WELLBEING SERVICES

A SERVICE TO TALK ABOUT THE THINGS YOU WANT TO TALK ABOUT, IN A SAFE SPACE FACE TO FACE, AT THE BURTON STREET FOUNDATION IN HILLSBOROUGH.

WALK & TALK AND ONLINE THERAPY SESSIONS ALSO AVAILABLE

We can discuss common mental health, personal problems & wellbeing issues. Working together to understand & learn coping strategies for issues such as anxiety, low mood, relationship issues, work stress & bereavement.

**CONTACT:
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