



COUNSELLING MATTERS

FRESH MINDS

18 - 25

ONE TO ONE COUNSELLING

***UP TO 12 SESSIONS**

At Counselling Matters we strive to support you in a safe caring & confidential manner. We offer one to one counselling sessions which involve you and one of our trained counsellors talking through your worries, behaviours and connecting with your emotions. Counselling has been proven to be highly effective in the treatment of a wide range of Issues such as:

Depression, Low Self Esteem, Anxiety, Stress & Addictions.



CBT

***UP TO 12 SESSIONS**

Cognitive behavioural therapy (CBT) is a talking treatment which helps you to manage problems by helping you recognise how your thoughts, beliefs and attitudes can affect your feelings & behaviour.

CBT is more structured than general counselling. It is particularly helpful for Anxiety Disorders, Depression, Self-Esteem, Obsessive Compulsive Disorder (OCD) & Addictions.



LIFE COACHING



Our life coaching service helps you to make progress in your life by helping you to identify your personal strengths and areas for development. Life coaches aid you in improving your day to day life, career and relationships. Life coaching can help you to clarify your goals and identify obstacles that may be holding you back from these goals. Our life coaches can help by providing support for you to achieve long lasting change.

GROUP COACHING

*UP TO 12 SESSIONS

Our group coaching service offers you a structured programme which provides support and accountability in a group setting. Together with our life coaches and other service users, you will take part in sessions on setting intentions, improving your **self-esteem**, taking care of your needs, **boundary setting** and much more. This group is held for 2 hours on a weekly basis for a 12 week course.



SUPPORT GROUP

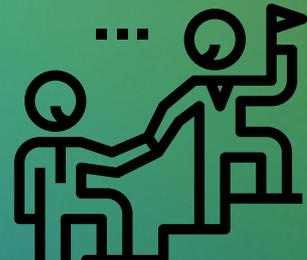
Our support group is helpful if you struggle with **social anxiety**. It gives you the opportunity to meet others with similar struggles. The group aims at helping you to build your confidence in forming new relationships and easing social anxiety through shared experiences. The group is run by one of our trained counsellors and has no more than 10 members at any one time. The group is held on a weekly basis.



MENTORING

Our mentors work with you by providing support and guidance during your time with us at **Counselling Matters**.

Our mentors are trained and DBS checked. Our mentors are happy to help you with your specific needs by providing a non-judgemental, warm and supportive relationship.



EMPLOYMENT SUPPORT

Our partner organisation, Re-instate, can offer help with employment. This includes careers advice, CV writing and practice job interviews. Re-instate can also help with job retention by informing you of your rights, negotiating with employers and attending meetings with you.

