

COUNSELLING FOR CARERS



**Are you caring for a loved one?
Do you feel like you need to talk to someone?**



Carers' Resource is offering 6-8 sessions of face to face, phone, or video counselling with our student counsellors.

If you are a carer struggling with depression, stress, anxiety, self-esteem, anger, relationships, grief, health, or more, counselling can help you explore your feelings around these issues.

All sessions are confidential allowing you the opportunity to discuss your personal issues. Our student counsellors are working towards their counselling qualifications.

If you feel this service is right for you, please call 01274 449 660 or email gsingh@carersresource.org for more information.



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