

Professional Counselling Service

for those within the education sector



mind your health
COUNSELLING

We offer Counselling, Psychiatry, Psychology and Coaching to those within the educational sector, both within the UK and internationally.

Mind Your Health Counselling exists to inspire therapeutic change for the better in all of those who attend sessions.

Our team

All our therapists and coaches are highly qualified and like-minded professionals – all have the aim to deliver the best support for each individual that seeks support.

Here are just a few things that we can provide support with:

- ⚙ Anxiety and depression
- ⚙ Resilience
- ⚙ Self-esteem
- ⚙ Stress
- ⚙ Relationships
- ⚙ Eating Disorders
- ⚙ Bereavement
- ⚙ Sexuality
- ⚙ Gender Identity
- ⚙ Trauma
- ⚙ Career and career progression
- ⚙ General issues

Sessions can be held in-person, on video or over the phone.

A safe space just for you



You can expect a safe and confidential space to explore any painful or difficult feelings, with no judgement or rejection. This space allows you an opportunity to understand yourself better and find healthy ways to cope with any issues you bring.

To find out more, or if you wish to begin the process of support, please contact us at:

✉ george@mindyourhealthltd.com 🌐 mindyourhealthltd.com

bacp | counselling
changes lives



 National Centre for
Eating Disorders