



Start the conversation, and invite positive mental health into your business or group. Invite us to visit your business and we will give your team a free session of Mindfulness as well as introduce the work we do.

Wiltshire's Local Counselling Charity

No: 1174668 Est 1983

A Free Mindfulness Session for your Group or Business

HELP COUNSELLING SERVICES

Kestrel House
7 Mill Street
Trowbridge

Phone: 01225 767459

Email: enquiries@helpcounselling.co.uk

Website: www.helpcounselling.co.uk

We believe that everyone deserves to have the opportunity and space to grow, change and heal. We are dedicated to providing every client with respect and access to good mental health.

Our donation based counselling service supports hundreds of people each year, helping them manage their mental health and move on from difficult situations in their lives.



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