

Counselling





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Living in the 21st Century has its challenges. Difficult situations can leave us feeling overwhelmed, afraid and unhappy.

You may be feeling isolated, have experienced loss or have concerns about your health and future.

counselling can help us feel less alone

Our Counsellors are specially trained to listen with empathy and help you express your thoughts and feelings. Their experience includes

- ▶ depression
- ▶ anger
- ▶ anxiety
- ▶ bereavement
- ▶ illness
- ▶ eating disorders
- ▶ family problems
- ▶ abuse
- ▶ relationships
- ▶ stress
- ▶ trauma
- ▶ work issues

Asking for help can change your life. It only takes a short phone call or drop us an email for further info.

member of Relationships Scotland

www.avenue-info.com

01224 587571 ■ aberdeen@avenue-info.com

01779 490790 ■ peterhead@avenue-info.com

01343 540801 ■ elgin@avenue-info.com

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