

Supporting Ex-Forces and their spouses/partners to help improve mental wellbeing & quality of life



Virtual and Face to Face sessions offered

Talking Therapies • Counselling
Couples Counselling • Psychotherapy

All of our Counsellors and Therapists are registered with the BACP or UKCP

Are you struggling with....

Low mood ★ Anxiety ★ Depression ★ Bereavement
Relationship ★ Childhood Trauma ★ Post Service Trauma

We can help.

For further details or to access our support, please contact
Gav Jones (Veteran Services Manager)

Telephone: 0161 480 7248

Email: liveatease@disabilitystockport.org.uk

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