

**Feeling overwhelmed by life?  
Having relationship difficulties?  
Feeling stuck, anxious or depressed?  
Low self-esteem? Lacking confidence?  
Facing challenges at work?  
Feel like nobody cares or understands?**

## **HAVE YOU THOUGHT ABOUT COUNSELLING?**

**Brinnington Big Local is funding counselling sessions for male residents to discuss their problems in a safe, confidential environment.**

**Gain a better understanding of yourself and what is making you feel the way you do.**

**Free 15 minute telephone consultations are available to help you establish your needs and what the service has to offer.**

**To book a consultation, ring**

**07494 947 942**

**Or email**

**[Gailadeniyi.therapy@gmail.com](mailto:Gailadeniyi.therapy@gmail.com)**

