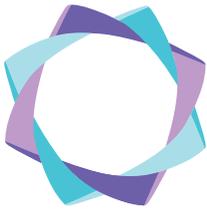


ASK THEM FOR HELP

Anyone can struggle with their feelings.

Don't struggle alone.





lifelink

How we can help

Counselling

Counselling gives you the space and support to understand and manage feelings, thoughts and behaviour. We offer one to one confidential counselling via telephone and video sessions and anyone who has a Glasgow postcode can access this service, free of charge, by submitting a referral using our website. If you are attending a secondary school, you can speak to your teacher about accessing our free confidential services which are available in schools throughout Glasgow and the West of Scotland – for more information, please get in touch at the details below.

Wellbeing Classes and Group Therapy

For those that complete a referral and are assessed as being suitable, we run therapist led groups that are structured around helping participants who struggling with things like stress, anxiety and relationships. We also offer a range of interactive online wellbeing classes that focus on developing the life skills essential to lead a happy and productive life. You can attend as many of these one-off classes as you like and these are open to everyone. Take a look at our website to see what is currently available and to book your place. We can also offer wellbeing classes to secondary school aged young people focused around resolving conflicts, building confidence and managing emotions more effectively – for more information on these, please get in touch.

Get in touch



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