

Anyone can struggle with their feelings.  
Don't struggle alone.





## 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 from our venues across the Glasgow area and via telephone or video sessions. Anyone who has a Glasgow postcode can access this service, free of charge, by submitting a referral using our website. Our free confidential services are also available to young people attending schools throughout Glasgow and Central Scotland– for more information, please get in touch at the details below.

### Wellbeing Classes

Lifelink offers a range of free interactive 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



0141 552 4434



[info@lifelink.org.uk](mailto:info@lifelink.org.uk)



[lifelink.org.uk](http://lifelink.org.uk)



@LifelinkGlasgow



@LifelinkScotland

Registered Charity (SCO25643) Company  
Registered in Scotland (171155)