



# Counselling at Scots Gap



Anxiety    Depression    Low Mood    Bereavement  
Difficulty Sleeping    Racing Thoughts    Loneliness    Stress  
Work Difficulties    Life Changes    Relationship Issues  
Troubling Memories    Lack of Motivation  
Communication Difficulties    Experiences of Loss  
Health Concerns

Ask your GP about being referred to the  
counsellor at the surgery.

