

Westmeria Counselling



Established in 2003, Westmeria Counselling is a valued service offering emotional support to the local community. As a charity, they provide a safe, confidential space to individuals experiencing difficulties in resolving life's issues.

Westmeria Counselling is for anyone who is finding life difficult and looking for help to gain an understanding as to why. They believe, however strong we are, there will be times when things are hard to cope with and we may need help to sort out a particular problem.

These problems may include:

- Anxiety
- Depression and low mood
- Stress
- Confusion
- Low confidence/self-esteem
- Loss and bereavement
- Abuse
- Phobias
- Impact from cancer and health related issues.



Through a collaborative partnership, they aim to help people strive towards autonomy and to live and manage their lives. As a charity, Westmeria ask all patients to contribute towards the cost of their counselling which enables the service to continue. This amount is set by the patient as they do not want to exclude anyone in need from accessing the service. This is important for people's sense of self-worth and can also be a valuable part of their own commitment to counselling.

From experience, patients who have benefitted from counselling like to go on to help others and a donation provides an opportunity to do just that and enables to help other people in need.

For more information on Westmeria Counselling services please [visit their website](#) or email <mailto:Johanna@westmeriacounselling.co.uk>