

New contact form

Name:

DOB:

Tel number or email:

Disclaimer.

Please be advised - I am not a professional counsellor, psychotherapist, doctor or trained in mental health. I cannot give you legal or medical advice. But I can give you links or numbers for organisations that may assist you.

I hold a TQUK Level 2 certificate in Counselling skills & am an attuned intuitive Reiki Level 2 healer.

(I do not do Reiki during this open talk time with you - but you can book that in separately if you'd like to try it)

My purpose here is to offer an hour of my time to listen to you with no judgement and give you a safe space to unload what's on your mind or troubling you. With my naturally calming, caring, empathic nature, I will put you at ease so you are safe to open up.

I will not share anything you say with anyone else, keeping everything that is said confidential. The only time I'd share anything, is if I feel you are a threat to others or a risk to yourself - I will pass your details onto the relevant emergency services or seek further guidance.

I do not charge for this service - I volunteer my time to help those in need of a talk and support. You can book up to an hour at a time. My slots are between 9:30am and 12:30pm Mondays and Tuesdays. I can do some weekends.

If you'd like to make a donation, you are welcome to, but this is in no way expected.

Any behavior that is abusive, aggressive or inappropriate, will not be tolerated and I will end the Zoom call.

Anyone under 18 - I will need permission from a parent to proceed.

Please print your name and sign below to agree that you have read and understood all of the above:

Full Name:

Signed: