

Asking for help is your first step.

Counselling sessions

are available at no cost to people living anywhere in Sutherland.

If you live anywhere in Sutherland, you can access this confidential service anytime by calling or getting someone else to call, text, email with your contact number.

Call or Text : **07354 854 266**

for a call back just leave your name, postcode and contact number

or Email: **findyourspacecounselling@gmail.com**

or use the contact form on:

www.dfgcommunity.com/counselling

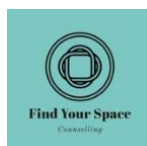
Sessions can be by phone, video call or in person - or a mixture tailored to your needs.

You will receive a response within 24 hours (but usually on the same day) and appointments within a short timeframe.

All counsellors are British Association for Counselling and Psychotherapy (BACP) registered

Confidentiality assured.

Your Health & Wellbeing | There are many reasons you might want to access counselling



The service is delivered by professional counsellors, it is funded by Highland Council and administered by the Dornoch Firth Group.

Dornoch Firth Group. Scottish Charity Number 42553.

www.dfgcommunity.com.

07533 518 399