

# Counselling sessions

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

If you live in North, Central or East Sutherland, you can access this confidential service anytime

Call **Freephone 0800 028 8533**

Text **07789 043 156**

Email **[info@scottishcounsellingservices.org.uk](mailto:info@scottishcounsellingservices.org.uk)**

Web **[www.scottishcounsellingservices.org.uk](http://www.scottishcounsellingservices.org.uk)**

Facebook **[@scottishcounsellingservices](https://www.facebook.com/scottishcounsellingservices)**

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. Confidentiality assured.

Asking for help is your first step.

If you live in North-West Sutherland, please call **07507 759842**

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



In North, Central and East Sutherland, the service is delivered by Scottish Counselling Services, it is funded by Highland Council and administered by the Dornoch Firth Group.

In North-West Sutherland the service is delivered by Scottish Counselling Services, funded by HTSI and administered by Scourie Development Trust.

Dornoch Firth Group. Scottish Charity Number 42553.  
[www.dfgcommunity.com](http://www.dfgcommunity.com)