




Liz Whiteley
Counselling & Psychotherapy
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Accessible therapy for all.
specialise in

- TRAUMA
- DISABILITY
- PRE-TRIAL THERAPY

offering online therapy

A Quick Mental Health Friendly Check In!



Autumn Creative Competition Ends 30th November 23!!

As autumn time rolls around, so does our creative therapy competition! It's more than a competition; it's a chance to cultivate positivity, hone your artistic abilities and perhaps find a new coping mechanism. Win or not, you'll end the season with enriched well-being and some fun memories. #FallForCreativity #AutumnVibes

Here are the details.

Create a piece of work that represents how autumn makes you feel. Using

anything from words, colour, texture, sound or movement and share your piece of work on my Facebook page, Instagram page or Twitter with the tag

MyFeelingsOfAutumn

A winner will be picked on 30th November 2023.
Good luck everyone

This month's Blog Post Round-up

Fall into healing this season with our latest post on self-help tips for autumn therapy. Discover methods for personal growth that match the earth's rhythms. On a sombre note, we pay tribute and find healing in shared grief over a recent hockey tragedy. Don't forget to reach out; we're all in this together!



Adam Johnson



Autumn Therapy



Is it too early?? Holiday Alert!!

I know its early, but I wanted to give you all plenty of warning. I will be on annual leave **from 20th Dec 2023 till 4th Jan 2024**. This time of year can be tough, so let's ensure we take care of ourselves and each other. Don't hesitate to reach out to the numbers listed on my [crisis page](#) on the website if needed. Here's a reminder that it's perfectly okay to ask for help. #selflove #mentalhealthsupport

Kind regards,
Your Friendly Therapist Liz at LW Counselling



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