



NEED TO TALK?

Are you going through a difficult time in your life?

Experiencing extra challenges?

Facing problems in your relationships?

Or perhaps you just need to talk to someone without feeling judged?

Parents/Guardians of children who attend Charnwood, and Charnwood staff can access free/low cost counselling.

Counselling Service

Counselling can help with a huge variety of issues, offering a safe and confidential environment to talk through any issues.

- **Depression**
- **Relationship issues**
- **Anxiety**
- **Low self esteem**
- **PTSD**
- **Trauma**
- **Bereavement**
- **Stress**



Offering counselling support tailored to your individual needs.

As a fully qualified counsellor and a registered member of the British Association for Counselling and Psychotherapy (BACP), Jen has worked with Charnwood over the last few years to provide counselling support. Jen now oversees the counselling service offering free/low cost support.

For more information,
don't hesitate to contact
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