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Don't hesitate to reach out

Reaching out for help is NOT a sign of any weakness on your part. It is a sensible, mature and responsible thing to do when dealing with anxiety, depression, separation, divorce, drugs, alcohol, loss of career, grief and loss.

There is always a solution and I can help you to unravel and sort through it

No one has to suffer alone when dealing with any of the above issues.

If you would like some help, someone to listen to you and/or talk to over any problem that you may be having, or just to vent, express your feelings.

Please call me, Kay on 0434 436 835

It is okay not to be okay

And there is no stigma attached to seeking help.

www.caringcounsellor.com.au