

LOOKING FOR FREE PARENT MENTAL HEALTH SUPPORT?



This service is for adults (18+) only.

12 FREE SESSIONS AVAILABLE



WHERE

In person at our Tunbridge Wells office or Online

WHEN

In person and online Monday to Thursday at a time that suits both you and the trainee counsellor

WITH

A Counsellor in Training who has been approved by their education provider and holds an Enhanced DBS Check

THIS SERVICE IS NOT FOR ANYONE WHO HAS ANY OF THE BELOW EXPERIENCES OR WISHES FOR COUNSELLING.

- Whose needs would be better met by a specialist service i.e. eating disorders
- Who are experiencing thoughts of self-harm or thoughts of suicide
- Who are receiving psychological therapy from another service or therapist at the same time as being seen in our service
- Who are experiencing current and active addictions, eating disorders or PTSD (Post-Traumatic Stress Disorder)
- Who have a history or current symptoms of psychosis, hallucinations, and delusion
- Have a diagnosis of bipolar affective disorder / borderline or antisocial personality disorder
- Who are seeking couples counselling
- Who are currently training in counselling and/or psychotherapy
- Have experienced historic or current abuse

SIGN UP FOR FREE PARENT COUNSELLING:

<https://spurgeons.org/how-we-help/family-life/counselling/free-counselling-sessions-for-adults/>



WHAT HAPPENS NEXT?

Once your request has been received, we will be in contact to arrange an assessment call.

EVERYONE DESERVES SUPPORT.

Sign up for free parent counselling support with Spurgeons

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SCAN TO FIND OUT MORE

