

COUNSELLING VS CBT:

WHICH ONE IS FOR ME?

COUNSELLING

Counselling allows you a space to explore whatever you feel is important to explore - including things that may have happened in the past or situations and feelings that you're currently experiencing.

You lead the sessions, with the counsellor helping you find your own way forward.

Counselling can be particularly useful for bereavement, trauma, relationship difficulties, or anyone who just wants to talk about what's going on for them and how they're feeling.

CBT

Cognitive Behavioural Therapy is based on the idea that our thoughts, feelings and behaviours are all linked up. By changing the way we think about things, we may be able to change how we feel and how we behave too.

CBT doesn't focus on the past - it looks at helping you build a toolkit of coping strategies that you can use in the here and now.

This option can be helpful if you're experiencing anxiety, low mood, stress, sleep difficulties or low self-esteem.