



I provide counselling and therapy services in West London W14 on a confidential basis to a variety of people facing a variety of challenges in their lives.

- Relationship, sex and family issues, anxieties and breakdown
- Work and professional stress, anxiety and crisis
- Alcoholism, drug dependency, sexual, relational and other addiction problems
- Eating disorders, including anorexia, bulimia, binge eating and other food dependency issues
- LGBT, minority and other discrimination issues
- Self-confidence, self-esteem and anxiety-related issues
- And many more.

My ethos is simple. It's about:

<p>- Serving all communities and all people in a non-judgemental way</p> <p>- Give advice which will be approachable to the client in the history or present circumstances and interests of seeing the best outcomes for the client, taking into account all relevant personal and social guidelines</p>	<p>- Give advice which will be approachable to the client in the history or present circumstances and interests of seeing the best outcomes for the client, taking into account all relevant personal and social guidelines</p>	
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In short, I believe in supporting people in their journey towards mental, emotional and spiritual wellbeing  
by nurturing the human potential for strength, hope and healthy interdependence. To find out more,  
please click on <http://talkingme.co>



Counselling and Therapy  
Services in W14 West London

https://www.freadsz.co.uk/x-235058-7

<https://www.freadsz.co.uk/x-235053-z>