

Online Counselling is offered via video or voicecall to your phone, laptop, computer or android device, depending on compatibility and set-up.

Telephone/Voicecall Counselling is offered via mobile to your phone, laptop, computer or android device, depending on compatibility and set-up.

Students, Trainees and 1-to-1 Mentees have the option of videocall, voicecall or telephone counselling for a fixed fee, excluding early and evening appointments. For practical reasons, group mentoring is online only. Please note: mentoring is not a substitute for clinical supervision.