



REACH

COMMUNITY HEALTH PROJECT



HOLISTIC HEALTH & WELLBEING FOR DIVERSE COMMUNITIES

*CULTURALLY COMPETENT & LINGUISTICALLY APPROPRIATE SERVICE*

## Counselling Service

Free, Private and Confidential



### Person-Centred Therapy and Cognitive Behavioural Therapy

#### Counselling for:

- Stress at work or at home
- Difficulties in your personal, work or family relationships
- Loss or bereavement
- Depression or anxiety
- Problems with money or debt
- Low self esteem or confidence
- The impact of long term ill health on the person's life
- Anything you are struggling with in your life that you feel would benefit from exploration

Contact Zenib to make an appointment on 0141 585 8023 or [zenib@REACHhealth.org.uk](mailto:zenib@REACHhealth.org.uk)

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ALLIANCE  
HEALTH AND SOCIAL CARE  
ALLIANCE SCOTLAND  
people at the centre



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