

We build partnerships and strive to make our advice and signposting accessible

Our therapeutic work is needs-led and person-centered



Providing wellbeing crisis sessions and a 24/7 text support line for those in need between counselling sessions

We involve young people in the decision making about further therapeutic work or signposting

Framework Self Help

J Elliott



Framework Self Help:

Discover tales of courage and bravery in is empowering ebook, Stories of Fearlessness: **Framework Self Help** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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