

What is counselling?

Counselling is a helping relationship. Meeting with a counsellor can:

- Give you time and space to explore a problem in your life
- Help you to understand and manage difficult thoughts and feelings
- Help you look at relationships with others and difficulties with others
- Help you to come to a decision about important issues or changes in your life

Working together

Providing homes
Building communities
Valuing people

Contact us

T 0845 0020819

Or use our on-line form which can be found at
www.linkliving.org.uk

Some useful websites

British Association for Counselling and Psychotherapy (BACP)
www.bacp.co.uk

British Association of Art Therapists (BAAT)
www.baat.org

Health Professions Council (HPC)
www.hpc-uk.org



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Link Counselling who we are...



Who we are...

Link Counselling is a practice based in central Edinburgh. Our aim is to provide an affordable, warm, friendly, reliable and professional service.

Link Counselling is run by LinkLiving, a registered charity with over 25 years of experience in providing community based support to those in need.



Link Counselling

Link Counselling offers a flexible approach to counselling to suit all needs. We work in a variety of different approaches including Person-Centred Counselling, and Art Therapy.

Our particular areas of expertise include mental health difficulties, bereavement issues, couples counselling, work with students, sexual orientation and gender identity issues, survivors of abuse. We can also work with Carers and those who support others.

What we offer

- Sessions will be either FREE or £30 depending on your income
- Fully qualified and experienced therapists (BACP or BAAT & HPC registered) working in a variety of different approaches
- An accessible central location with on-street parking
- Disabled access
- Daytime and evening appointments
- Free initial consultation

Counselling can help with

- Stress and anxiety
- Depression
- Bereavement
- Relationship issues
- Sexual identity issues
- Self-esteem
- Work related stress
- Student issues

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