



# Drugs & Alcohol Counselling

*You don't have to face this alone.*

Addiction can take a heavy toll on your well-being, relationships, and sense of self. If you're feeling stuck, overwhelmed, or unable to break free, I'm here to help.

With compassion, understanding, and the right support, healing and change are possible.



I offer a safe, confidential and non-judgemental space where you can talk openly and be heard. Together, we'll explore what's holding you back and work towards a healthier, more fulfilling life.

## HOW I CAN HELP YOU

I provide a safe and supportive space where you can feel comfortable talking about your struggles without fear of judgment.

I explore the root causes together with you, helping you understand the emotions, triggers, and patterns behind your addiction.

## IN OUR WORK TOGETHER, I WILL HELP YOU:

- Understand addiction triggers
- Develop healthier coping strategies
- Rebuild confidence and self-worth
- Build healthier relationships
- Make long term behavioural change
- Goal setting

I believe that with the right support, you can overcome challenges and create the life you truly deserve.

## CONFIDENTIAL

Your privacy is always respected.

A safe space for you.

## ONE-TO-ONE SUPPORT

Personalised counselling tailored to your needs at your pace.

## FLEXIBLE OPTIONS

In-person or online appointments to suit your lifestyle.

Book Your **FREE 30 Minute**  
Confidential Consultation

*The first step can lead to a better tomorrow.*

**60 Mins** £63

**120 Mins** £126

## Contact Information



Highpoint Offices, 2 Heigham Rd  
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Call / Text:  
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*You are not alone. I'm here to help you heal.*

*Compassionate support today. A stronger, brighter future tomorrow.*