

Emerging Stronger 

# Struggling to cope?

## On a low income?

Have you been struggling with any aspect of your mental health in the last year?

Are you on an income of less than £750 a month?

**You can access 6 sessions of counselling at £5 a session as part of the Emerging Stronger project.**

Counselling can offer:

- a safe and confidential space in which to feel listened to, accepted and understood
- a space in which to explore thoughts and feelings around your difficulties
- a space in which to seek a way forward.

**To arrange an appointment call 0117 9507271 or email [info@network.org.uk](mailto:info@network.org.uk)**

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