

## **Third Level Foundation – Update**



We are providing our counselling services online – including Zoom, Skype and Telephone

We support you in ways to understand and build skills to support yourself, while building coping strategies for good Mental health.

Areas of specific interest during the lockdown easing include :-

Depression, anxiety, stress and related mental health issues

Borderline Personality Disorder and families

Relationships and parenting

Struggling with easing of the lockdown

We aim to provide an immediate support service and do not use waiting lists or limit your sessions.

Please contact us for more information

By phone or text    07794 415410

By email            [info@thirdlevelfoundation.co.uk](mailto:info@thirdlevelfoundation.co.uk)

**We are a Social Enterprise and offer fees according to circumstances.**