

"A safe space to be heard
and understood"

"Non-judgmental"

"Confidence-
boosting"

"Your time"

"Your space"

"Reflective"

"Personal
growth"

"One-to-one"

"Empowering"

"Private & confidential"

COUNSELLING IS A TALKING
THERAPY THAT CAN HELP
YOU FIND WAYS TO DEAL
WITH EMOTIONAL ISSUES

YOU CAN ASK ONE OF OUR TEAM
FOR MORE INFORMATION
OR VISIT WWW.THELOWDOWN.INFO

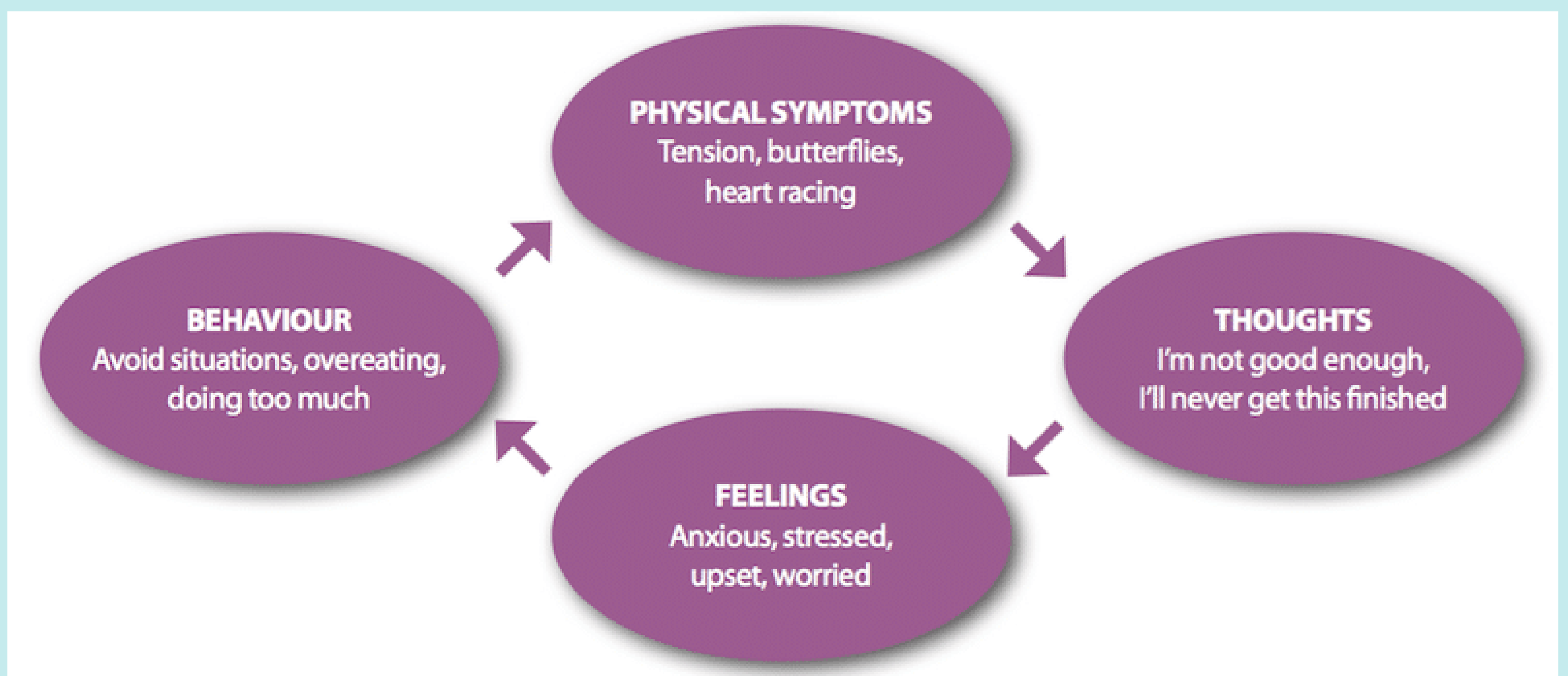
WHAT IS COUNSELLING?



What is 'CBT'?

CBT stands for Cognitive Behavioural Therapy.
This is a type of talking therapy which can help people experiencing low mood or depression, and feelings of panic, anxiety, or anger.

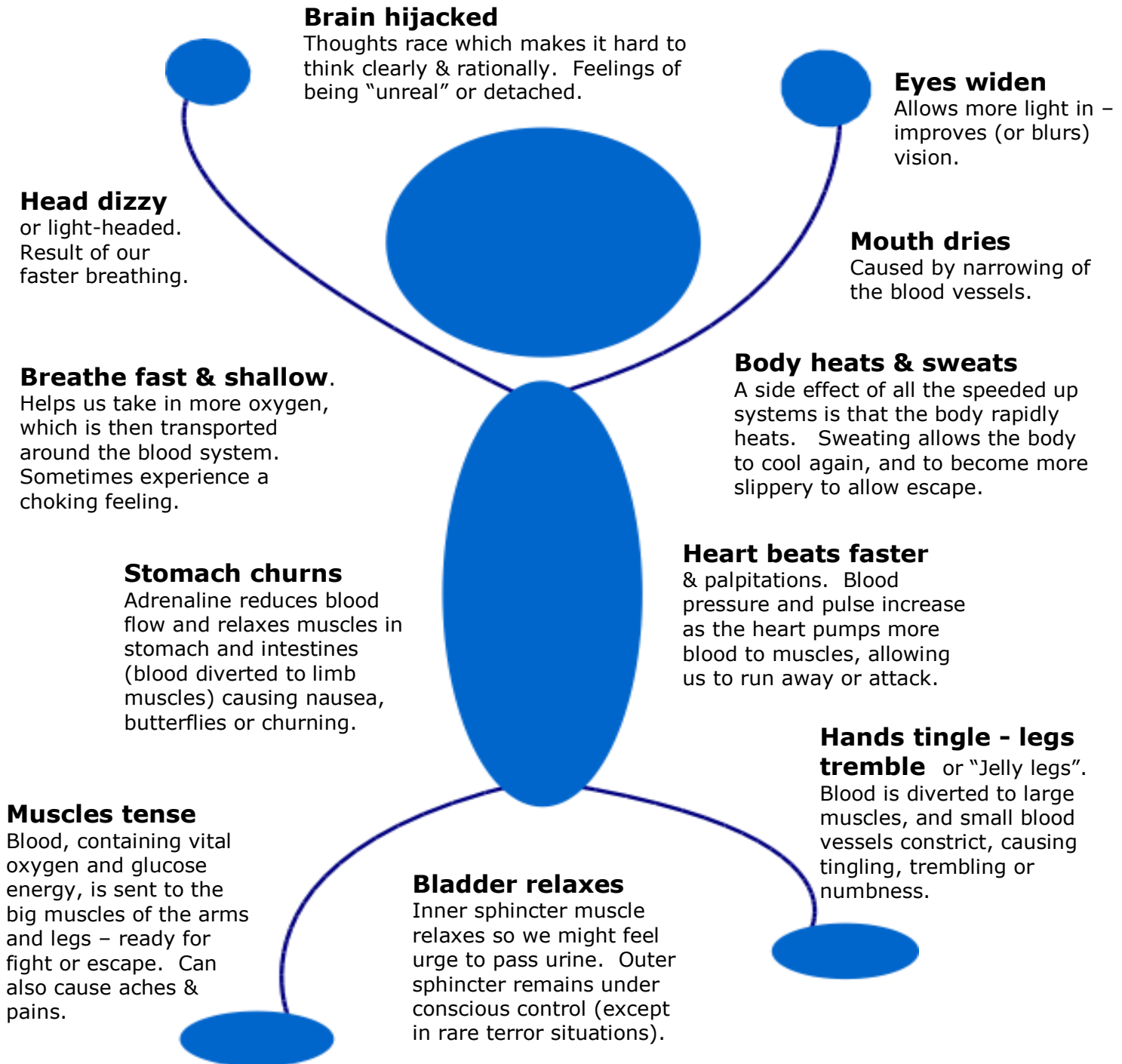
CBT can help you to understand how you think, feel and behave, by breaking problems down into smaller parts to help you to understand them.



ALARMING ADRENALINE !

The body's alarm system

When the brain perceives a threat, it activates the body's "fight or flight" alarm system, and adrenaline is released into the blood from the adrenal glands. We experience uncomfortable feelings because the adrenaline makes the body systems speed up, diverting blood towards the big muscles, preparing us to attack (anger) or escape (anxiety).



After the adrenaline has died down, we can feel exhausted, shaky and weak.

*I'm not perfect
but...I'm enough*

*Be who you are and say what
you feel, because those who
mind don't matter and those
who matter don't mind*

*Nobody can save you
but yourself, and
you're worth saving*

*The past can hurt, you
can either run away
from it or learn from
it*

*Winners are not those
who never fail but
those who never quit*

**THE THINGS THAT
MAKE ME DIFFERENT
ARE THE THINGS THAT
MAKE ME, ME**

**Nothing is
permanent,
not even our
troubles**