

North Oak Therapy - Psychotherapy amp Hypnotherapy



Location **Yorkshire and the Humber, West Yorkshire**
<https://www.freeadsz.co.uk/x-543832-z>

We all experience times in our lives when we feel stuck. Things just don't feel right and we are not quite sure where to turn. Life can throw you challenges - leaving feelings of uncertainty, unhappiness and unable to think clearly.

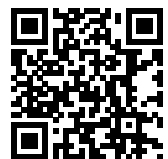
Counselling provides you with the space to learn more about yourself, to work through your feelings and sometimes to make life changing decisions.

By providing you with a caring, non-judgmental and safe environment you are able to learn new strategies to cope with the difficulties you face. This enables you the freedom to grow and develop, to become more comfortable in the person you desire to be. Whatever is important to you is important to me.

I realise asking for help can be difficult. So please feel free to call, email or text if you have any questions. If you leave a message I will get back to you as soon as possible, usually within 24.



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