

If you are struggling between sessions it might be helpful to contact your therapist.

Usually this can be done by email or with a quick call or text; you will be given your therapists direct contact number and e-mail address. In most circumstances you will be asked to leave a message and your therapist will endeavour to get back to you within 24 hours. If this flexible approach helps you then your therapist would welcome your call

If it is anticipated that you may experience difficult periods then your therapist will work with you to develop a management plan. This may include a referral to your GP or more appropriate service as your well-being is of paramount importance.