

MS-UK Counselling



www.ms-uk.org/counselling

Email counselling@ms-uk.org Call 01206 226500

Our counselling service is focussed on helping you understand yourself in light of your MS and exploring its emotional impact on your life. It is available to anyone living with multiple sclerosis aged 18 and over, and is completely confidential.

Counselling is a process that invites you to talk about your thoughts and feelings with a qualified professional. Counsellors do not give advice but help you to explore your experiences so that you can find your own way forward.

MS-UK counsellors are BACP registered or accredited with knowledge of MS and its impact on mental wellbeing. Your sessions will be weekly, last 50 minutes, and be delivered over the phone.

Visit us at www.ms-uk.org



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MultipleSclerosisUK