**One to One Sessions**

Individual counselling to allow

you to discuss a wide range of

issues that are important

to you.

Talking to someone who

understands sight loss can

really help. Our counsellor will

assess your needs and plan

support that is right for you.

**Counselling for:**

Anxiety or stress

Difficulty adjusting or coping

with life after sight loss

Continued sadness or

depression

Personal Empowerment

Other topics relating to your

sight loss

**We offer counselling**

**Via Phone**

**In Person**

**Are you or is someone you know finding the**

**challenges of sight loss difficult?**

**Waiting times are short, and there is no charge**

**Call us on:**

**0191 478 5959**

 **OR**

**Email: contactus@visionandhearingsupport.org.uk**

**OR**