



**Newman  
Health &  
Wellbeing**  
Counselling &  
Psychotherapy

*breaking barriers unlocking potential creating flourishing communities*



## **Affordable, accessible counselling for all**

You or a loved one may be struggling following a life event, recognise that your life is different to how you may expect or feel lost, stuck or sad. These and other many other difficult emotions that we experience are useful guides to indicate counselling could be helpful.

### **Newman Health & Wellbeing Counselling & Psychotherapy**

**.... is a new way of offering affordable counselling to the local community. We are based in our own building on the Newman University campus in Bartley Green, Birmingham.**

Newman University has been training counselling practitioners in an integrative approach for many years. Newman Health & Wellbeing Counselling & Psychotherapy brings the skills of practitioners, tutors and trainee practitioners together to deliver a professional counselling service. You will be matched to the counsellor best able to relate to you and the issues you are looking to resolve.

## Counselling can help with:

- Anxiety
- Depression/low mood
- Bereavement and loss
- Trauma
- Abuse
- All type of relationship issues
- Sexual orientation/gender identity
- Stress
- Work related issues



## Benefits of having counselling at Newman Health & Wellbeing Counselling & Psychotherapy

- Affordable counselling and psychotherapy with minimal waiting lists
- Professional and confidential service
- Expertise in counselling for children, young people and adults
- Flexible appointment times - daytime and evenings
- Strong therapeutic knowledge base - working with counsellors who have access to the latest skills and knowledge
- Integrative approach to therapy - means the client issue comes first rather than being fixed to a single way of working
- Clinical supervision - all counsellors receive external supervision to ensure the quality of the therapeutic work
- Professional body membership - all counsellors will be members of their professional bodies and will work to the relevant ethical code. Some counsellors will be working towards accreditation, others will be accredited counsellors with many years of experience
- Assessed by an experienced practitioner who will match you to the right counsellor for your issues
- Delivered from comfortable and welcoming surroundings with good parking facilities
- Range of payment options - cash, credit/debit card and online

**To find out more please contact:**



**0121 483 2205**

**counselling@newman.ac.uk**

**www.newmanhealthwellbeing.org**



Newman University  
Genners Lane  
Bartley Green  
Birmingham, B32 3NT