

Off The Record Counselling Service

Bereavement and Loss

Depression

Abuse

Trauma

Relationships

Low Self Esteem

Stress

Anxiety

Off The Record Counselling Service is a non-profit organisation which offers affordable counselling and psychotherapy to anyone over 18yrs by a team of qualified counsellors and student counsellors who are on placement with us.

Our aim is to always make counselling as affordable as possible and that a session is always less than that for private counselling.

Off The Record offers an open inclusive approach to counselling for individuals from every section of the community.

We offer you an opportunity to explore issues in a safe and respectful environment that is confidential and non-judgemental giving you the space to make choices and decisions in your life.

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