


FREE ONLINE COUNSELLING

FOR YOUNG PEOPLE AGED 12-18
LIVING IN EAST SUSSEX

Are you a young person living in East Sussex who is struggling with low mood or anxiety? If so, you are not alone. E-motion provides a free, confidential, and accessible online counselling service.*



New!
Video Counselling
available



I feel sad and
so anxious



INSTANT
MESSAGING



10 FREE
SESSIONS



WRITTEN
COUNSELLING

To register go to:
www.e-motion.org.uk
m: 07876 865950



impact
E - M O T I O N



*please note we do not work
with young people in crisis.