



I hope this finds you exactly
when you need it

Low-cost counselling available in central Cardiff

I'm Simba, a trainee counsellor with over three years' experience supporting people with anxiety, depression, emotional distress and the effects of trauma.

Feeling alone? Wondering if things could feel different?

Counselling offers a safe space to explore what feels important to you. Together, we'll talk through the emotions, experiences or relationships you're ready to look at, gently navigating what is no longer serving you or the future that you want.

At Autumn Counselling we offer **weekly face-to-face sessions at £35 each**, beginning with a free 15-minute introductory call where we can get to know each other. Not ready to call? Find more information online.



**Free 15
minute call**



**50 minute
weekly sessions**



**Trauma
informed support**



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www.autumncounselling.com