


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
starting in September



I feel sad and
so anxious



**INSTANT
MESSAGING**



**10 FREE
SESSIONS**



**WRITTEN
COUNSELLING**

Get in touch with us at:
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Registered Charity Number 276669



part of
**impact
INITIATIVES**



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