



Online Counselling UK For Anxiety And Depression Launched For Women With Menopause

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Gateway Counselling West Midlands, a UK-based organisation that offers affordable and effective online counselling services, has announced that they will be providing online counselling services for women suffering from the effects of menopause.

It can be tough for women in midlife. They may be struggling with pressures at work, dealing with teenagers or ageing parents, or even struggling to come to terms with empty nest syndrome. On top of all these, they are having to deal with hormonal changes, which can make coping very difficult. This can lead to feelings of anxiety, depression, irritability and feeling isolated from friends and family. It's not uncommon for many women in this situation to reach a very low point mentally.

But there is another option. Online counselling is becoming a popular choice among women who need help managing different types of mental health problems such as depression or anxiety because it offers privacy and ease of access to a counselling therapist.

Nabeelah Khan-Cheema, the owner of Gateway Counselling West Midlands stated, "We are very happy to provide this service which we feel is especially important in today's society where women often don't get access to therapy either due to reasons such as lack of time, fear of Covid or due to their reluctance to leave home for visiting a therapist in person. Internet together with smart phones or laptops allows for a virtual face-to-face meeting with the therapist. Women coping with the effects of menopause can now get online counselling help without leaving the comfort of their home."

More information about Gateway Counselling West Midlands can be seen by visiting this website: <https://www.gateway-counselling.com>.

Gateway Counselling West Midlands offers affordable and accessible options for women who need outside support and would prefer to get the support through virtual methods. Online sessions are available, and an appointment is set with the therapist at a mutually agreeable time.

Gateway Counselling offers a complementary 15-minute session for an initial consultation. This allows anyone seeking online counselling to understand if they can be helped. An appointment for a longer more detailed online session is booked once the client is comfortable about receiving the service.

Women who are suffering from the effects of menopause can get help with their mental health through Gateway Counselling's online service by visiting this web page: <https://www.gateway-counselling.com/online-counselling>.

Gateway Counselling West Midlands offers CBT (Cognitive Behavioural Therapy) as well as other therapeutic methods to provide tailored treatment plans for each individual client's needs.

The Birmingham-based online counselling service provides a safe, confidential environment to communicate about any topics that may be affecting the client. Options for online counselling UK are via telephone or video counselling via Zoom. This allows individuals to receive counselling treatment without delay and the opportunity for self-care and recovery.

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For more information about Z Gateway Counselling West Midlands, contact the company here: Z Gateway Counselling West Midlands Nabeelah Khan-Cheema 07925 054494 gatewaycounsellingwm@protonmail.com 15 Highfield Road, Hall Green, Birmingham B28 0EL, United Kingdom

Z Gateway Counselling West Midlands

We are a Birmingham-based counselling service providing a safe, confidential environment to discuss any topics to improve a client's mental well-being.

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