



Online Counselling for Women Affected by Menopause Offered Across UK by Gateway Counselling West Midlands

November 24, 2021

November 24, 2021 - PRESSADVANTAGE -

Women who are going through the changes of menopause and want to talk about it can now do so with a certified online and telephone counsellor in UK. As a provider for online and telephone counselling, Gateway Counselling West Midlands in UK has started offering online counselling to help women who are feeling the effects of menopause. The service is available all year round and provides a safe environment for those who have been struggling to find time for themselves or just couldn't afford traditional therapy sessions.

Online counselling allows people to experience the same benefits as in-person therapy with a trained and certified counselling professional without having to leave their home. This can be especially beneficial for

those who find it difficult to leave home and travel to a counselling appointment.

"I feel elated that I have the opportunity to help other women by using the internet or telephone for counselling. I am passionate about helping women find ways to manage their symptoms through self-care," says Nabeelah Khan-Cheema, the counsellor behind this new service and the owner of Gateway Counselling West Midlands.

Details about obtaining online counselling with Gateway Counselling West Midlands are provided here: <https://www.gateway-counselling.com/online-counselling>.

The affects of menopause can be quite debilitating for women in midlife. With many physical symptoms such as hot flashes, night sweats, mood swings, difficulty sleeping and low libido already affecting these women's lives, it can be difficult for them to maintain relationships. This coupled with the demands at work and home as a parent or wife can make it very challenging for women. Many women struggle with the empty nest syndrome after their children have grown and left their parental home to lead their own lives. There are instances where the affects of menopause can lead to depression.

Gateway Counselling West Midlands offers individualized one-on-one sessions all year round that are tailored to a person's specific needs to help them steer their way out of anxiety, stress, depression and other symptoms toward personal wellness. Interested women are first given a free 15-minute introductory session. This allows both her and the therapist to discover if they can work together and get positive results from a counselling therapy. Only after mutual consent are affordable paid sessions commenced.

Gateway Counselling has published articles about their online counselling service on World Menopause Day. This article can be read here: <https://www.pressadvantage.com/story/47051-online-counselling-for-uk-women-offered-year-round-by-gateway-counselling-west-midlands-on-world-men>.

Another article related to the launch of the online counselling service can be gleaned by following this link: <https://www.pressadvantage.com/story/46396-online-counselling-uk-for-anxiety-and-depression-launched-for-women-with-menopause>.

To receive an online counselling service that provides a safe, confidential environment to communicate about any topics that may be affecting the client, readers are encouraged to contact Gateway Counselling West Midlands. Options for online counselling UK are via telephone or video counselling via Zoom. This allows individuals to receive counselling treatment without delay and paves the way for proper self-care and

recovery.

###

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.

Website: <https://www.gateway-counselling.com>

Email: gatewaycounsellingwm@protonmail.com

Phone: 07925 054494



Powered by PressAdvantage.com