

What to expect in **YOUR FIRST** **APPOINTMENT**

Preparing for your first session with a counsellor or psychologist?

Here's what to expect...

1 Introduction

We'll get to know each other a bit and talk about things like the structure of your appointments and confidentiality.

2 Assessment

We'll chat about what support and resources will best suit your needs and lifestyle.

3 Goal Setting

We'll talk about what goals you'd like to achieve, and this will help guide your next sessions.



More info and
watch the video.