

## Looking for affordable therapy?

Do you work or volunteer for a Jersey charity/non-profit organisation, or are you a member of a Jersey charity/non-profit organisation? Are you experiencing difficult life events/issues and need someone to talk to? Are you 18+?

## Room 2 Talk Ltd (R2T) is;

- · a non-profit company
- · offering a new take on mental health provision for adults in Jersey
- · able to provide you with subsidised low-cost therapy
- · providing appropriate open-ended therapy

We have qualified therapists and therapists working towards final and further qualifications, with experience in many different types of therapy which they wish to develop and build upon. They can offer you face to face or online sessions. Our therapists are overseen by two fully qualified therapists who provide ongoing support and guidance. All therapists are supervised by highly qualified U.K. based counsellors.

If you would like to discuss potential therapy sessions please contact us for further information:

- · Helen on 07797 750380
- Steve or Helen at <u>R2TJsy@gmail.com</u>



