



If you think you aren't facing any issues/problems:

4 There's no harm in giving it a shot as you will get an atmosphere which is non-judgmental, safe and confidential.



If you do have a problem or issue that you're facing on your own:

Some think that seeking counselling makes them look weak. In fact, it's the exact opposite!

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You are **STRENGTH** personified because you are admitting what most people can't:

That you have the courage to fight against the parasite of negativity, that you are striving to regain your equilibrium.

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You are finding comfort and ease at the same time, and most of all, you want to make a positive change in your life.

And, in the end, that's what matters.

