

Carers Emotional Support & Counselling

Being a Carer is different for everyone.

Caring for someone can be very rewarding. However, it can also be very tiring and stressful, and have an impact on your own health.

That is why Southend Carers offers a range of services to help Carers cope with difficult emotions and situations.

Our Emotional Support & Counselling Services include:

- Talking therapy & Counselling for Carers
- Emotional Support Group
- Stress & Mood Management
- Change & transition support



Stress●anxiety●grief●depression●stigma●isolation●loss●relationships

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or email her at

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