

Our Online Services



We're here to help...

We have some fantastic therapists who have adapted their services to continue to support you from the comfort of your own home using online consultations. It's important you choose the right one for you. Feel free to contact them directly, or if you'd prefer we can arrange a call back for you.

Linda Dowey - Psychotherapy

I am passionate about relieving the impact of trauma which at its worse can be crippling. I use EMDR as my main method which is a safe and powerful way of processing trauma.

Email: lindadowey@hotmail.co.uk

Tel: 07501917054

Website: www.magnoliahealthandwellbeing.co.uk/psychotherapy



Louise O' Mahony - Counselling

I'm Louise, I am an Integrative Counsellor who has gained professional experience through my counselling role with Mind mental health Charity.

Email: bridgetoyoucounselling@hotmail.com

Tel: 07588140542

Website: www.bridgetoyoucounselling.co.uk

Amanda Wyatt - Counselling

I take an integrative approach as every person is unique, with differing actions and reactions to events, with varying ideas of what they want to achieve from Counselling.

Email: alwcounselling@talktalk.net

Tel: 07743368747

Website: counselloramandawyatt.com



Victoria Proctor - Psychotherapy

I provide professional and confidential online or telephone Psychotherapy sessions to help you explore your difficulties and to help you feel that you are not alone with them.

Email: artherapyforyousouthwales@gmail.com

Tel: 07840049326

Website: www.arttherapyforyou.com

Catrin Rees - Homeopathy

Homeopathy is a natural form of medicine which treats the individual as a whole focusing on mental, emotional and physical symptoms. The kinds of issues I regularly see in practice can range from anxiety & depression to chronic headaches and recurring infections to skin problems.

Email: catrinhomeopath@hotmail.com

Tel: 07528442302

Website: www.catrinreeshomeopathy.com

