Patchwork Pathways

Support for Teenagers, Young People & Adults

About Me

I'm a Qualified Counsellor with a MSc in Counselling Children & Young People. I am also a Qualified Teacher.

I have substantial experience supporting teenagers and young people alongside my work with adults.

Counselling Can Help With

- Anxiety and worry
- Friendship or relationship difficulties
- Low self-esteem or confidence
- School/work stress and pressure
- Difficult life experiences or trauma
- The emotional impact of chronic illness, pain or fatigue.
- Emotional overwhelm

For Young People

You don't have to know exactly what to say when you come to counselling.

Some young people come because they feel anxious, overwhelmed, stressed or low. Others just feel like something isn't quite right but can't explain why. You can talk freely, confidentially, without judgement, and at your own pace.

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