



Reasons for Contacting Us

Personal Crisis

- Divorce / Separation
- Infertility
- Miscarriage
- Abuse
- Anxiety disorders
- Racial Discrimination

Family Crisis

- Bereavement
- Caring for relatives
- Disputes
- Conflict over possessions
- Legal
- Ill Health
- Unplanned Pregnancy

Returning to Work

- Maternity leave
- Child care
- Overseas relocation
- After illness
- Role change
- Working tax credit

Illness

- Diagnosis
- Terminal Illness
- Depression
- Drug & Alcohol abuse
- Living with illness
- Telling the family
- Addiction

Starting a new Job

- Preparation
- Fitting in
- Support
- Work colleagues
- Stress
- New skills

Getting Married

- Budgeting
- Guest list
- Venues
- The dress
- Organisation
- Honeymoon
- Family friction

Continued overleaf

Some reasons to contact us

Moving Location

- Relocation agents
- Home search
- Schools
- Removal companies
- Storage
- Stress management
- Moving your pet
- Renting

Staying Healthy

- Your body
- Stress
- Nutrition
- Smoking and drinking
- Physical health
- Healthy heart
- Life stages

Buying a new Home

- Mortgages
- Solicitors
- Surveys
- Moving costs
- Estate agents
- Emotional impact

Retirement Issues

- Emotional preparation
- Financial planning
- Coping with change
- Pension
- Tax
- Investments
- Wills
- Other work

Responsibility at Work

- Promotion
- Training
- Management Coaching
- Mediation skills
- Career Progression
- Managing change
- Employee support

Managing Money

- Budgeting
- Managing debt
- Credit cards
- Investments
- Pensions
- Savings
- Tax
- Banking

Having kids

- Pregnancy
- Birth
- Juggling work & home
- Difficult teenagers
- Childcare
- Adopting
- Post natal depression