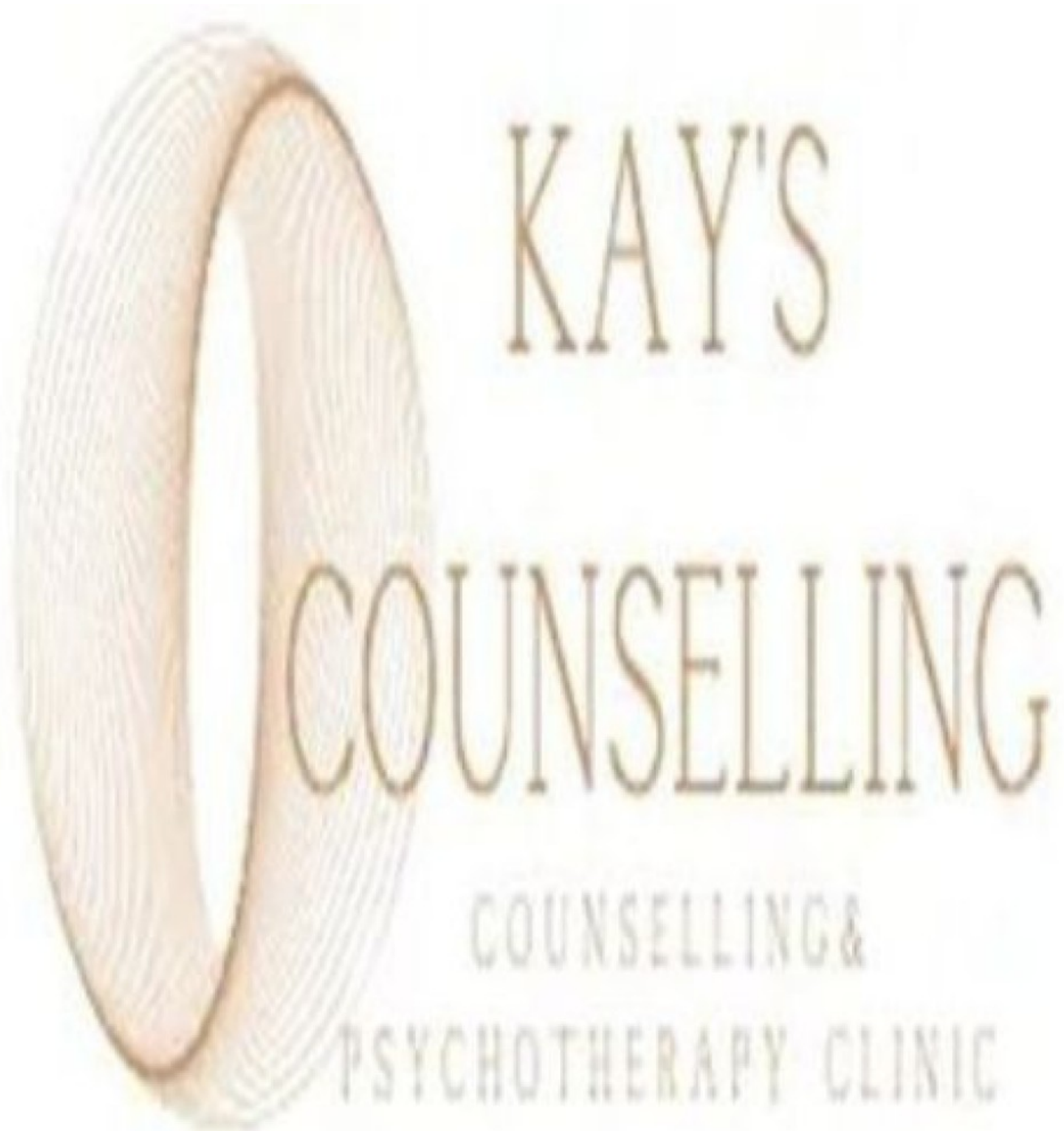


Kays Counselling: Counselling & Psychotherapy Clinic

Counsellor & therapists



Hockley, Birmingham Feb 28, 2024 ([Issuewire.com](https://www.issuewire.com)) - Kay's Counselling is a leading counselling, psychotherapy, clinical psychology, and holistic therapy service provider in Birmingham. Since its inception in 2019, Kay's Counselling has helped thousands of clients overcome various mental health and emotional challenges, such as anxiety, depression, stress, anger, low self-esteem, relationship issues, and more

We offer a wide range of therapy services, including cognitive behavioural therapy (CBT), eye movement desensitisation and reprocessing (EMDR), hypnotherapy, couples counselling, addiction counselling, and more. The team of qualified and experienced therapists at Kay's Counselling uses an integrative approach that adapts to each client's needs and goals. Kay's Counselling also provides online [counselling Birmingham](#) and employee assistance program (EAP) services to clients across the UK.

We are committed to providing high-quality, confidential, and affordable therapy services to clients from all walks of life. The clinic also supports various social causes and charities, such as Mind, Samaritans, and Crisis. Kay's Counselling aims to raise awareness, reduce stigma around mental health issues and promote well-being and happiness in the community.

We are passionate about helping people heal and grow through therapy and strive to improve our services and standards. We look forward to continuing our journey and making a positive difference in people's lives.

For media inquiries or to learn more about Kays Counselling, please contact:

Website: <https://www.kayscounselling.co.uk/>

Email: Enquiries@Kayscounselling.co.uk

Phone: 0121 679 6200

About Kays Counselling: Kay's Counselling is a professional service that provides a range of therapies in Birmingham, UK. Our therapies include Counselling, couples counselling, EMDR, and online Counselling. Our team comprises qualified and experienced therapists with an integrative approach to suit each client's unique needs. We aim to help people explore their feelings, understand their issues, and achieve their goals.

Media Contact

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Source : Kay's Counselling

[See on IssueWire](#)