



# **WORRIED ABOUT THE STRESS OF CHRISTMAS?**

**We're here for you.**

**We can support you face-to-face in one of  
our hubs, over the phone, or online.**

**Options Wellbeing offers a range of  
professional and affordable therapeutic  
support, counselling, training and  
development services to people across  
southern England.**

**023 8063 0219**

**[www.optionswellbeing.co.uk](http://www.optionswellbeing.co.uk)**



**Options Wellbeing Trust is a registered charity, number 1100782**

