

**on-line counselling, chat + emotional support
for 12-18 year olds across East Sussex**

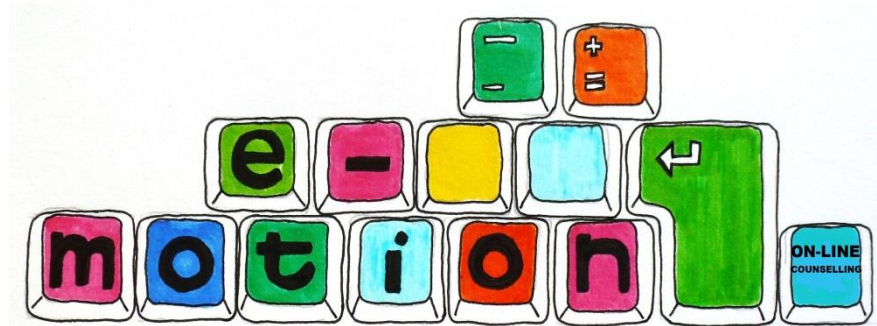


e-motion.org.uk



hello@e-motion.org.uk





East Sussex

Ever thought about having counselling but are worried about seeing someone face to face? Can't get to a particular place or venue?

**www.e-motion.org.uk - new on-line counselling service
- and it's available for all young people aged 12-18 across East Sussex**

How does it work?

E-motion puts you in touch with an on-line counsellor who will support you by exchanging emails every week. You can write at a time that suits you and know you'll get a response at a set time.

Get in touch! Email hello@e-motion.org.uk for counselling, enquiries@e-motion.org.uk for general info or check the website.