

Mental health support



Hello! My name is Helen Breheny and I am your 'TAPP' (Trainee Associate Psychological Practitioner). I work with people over the age of 18 who are struggling with their mental health (for example: stress, worry, anxiety, sleep problems, bereavement, grief, low mood, low motivation, just to name a few).

When I receive your referral from your GP, I will contact you via telephone to introduce myself and book you in for your first appointment.

Session 1: Informal conversation to get to know each other and understand how I can help you.

Sessions 2-4: we will work together to develop techniques that will help your mental health problem.

Session 5: This is our final session together and it happens 4-6 weeks after session 4. This is a follow-up session to see how you are doing since our last session.

You are free to end the support at any time...you may decide that one or two sessions is enough 😊

All sessions will be between 45 minutes to an hour.