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Epsom counselling service aims to make therapy more accessible

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Mental health challenges can affect anyone, at any stage of life. Yet many people still struggle to access the support they need because of long waiting lists, financial pressures or uncertainty about where to turn.

One local counselling service, The Wellbeing Therapy Hut, is working to help address those barriers.

Founded by Epsom-based therapist and director Jess Farazmand, The Wellbeing Therapy Hut was created with a simple mission: to make talking therapy affordable, accessible and available to those who need it.

Since opening, the service has supported children, young people, adults, couples and families across Epsom, Ewell and the surrounding areas, offering both in-person and online counselling.

The organisation places particular emphasis on affordable options, with the aim of ensuring that financial circumstances do not prevent people from accessing support.

Jess said: “Mental health support shouldn’t be something that people only access when they reach crisis point. We believe that early intervention can make a significant difference, helping people build resilience, improve relationships and maintain positive wellbeing before difficulties become overwhelming.”

The team’s work has been recognised through several awards, including the Commitment to Community Award at the Epsom & Ewell Business Awards, along with other regional business and mental health industry accolades.

For Jess and her team, however, the greatest achievement is seeing the positive effect that counselling can have on people’s lives.

The Wellbeing Therapy Hut also works with other local wellbeing professionals and organisations, believing that strong community partnerships help create a wider network of support for residents.

By collaborating with local businesses, charities, schools and community groups, the organisation hopes to continue raising awareness of mental health and encouraging people to seek support when they need it.

Jess added: “Mental health affects every family at some point. The more we talk about it, the easier it becomes for people to reach out and access support. We are proud to be part of a community that cares about the wellbeing of its residents.”

To learn more about The Wellbeing Therapy Hut and the services available, visit www.thewellbeingtherapyhut.co.uk.

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