



Free online counselling – East Sussex

E-motion is fully operational during the Coronavirus pandemic.

If you live anywhere in East Sussex and need online support, why not try the online counselling service, E-motion?

We can put you in touch with your own online counsellor who will support you via email.

Brand new Drop In Service. As well as ongoing weekly counselling sessions, we now also offer ‘Drop In’ online support sessions. This is a chance for you to talk to one of our counsellors online, without having to commit yourself to a series of weekly sessions.

WEDNESDAYS from 5pm -7pm starting 22nd April

Check Out https://eastsussex.e-motion.org.uk/what-is-dropin#1_section

You can now just click on the ‘Drop In’ box on the home page (between 5pm and 7pm every Wednesday) and you will be able to chat with a Counsellor

For more info visit www.e-motion.org.uk

Or e-mail frankie@e-motion.org.uk

