WOMEN'S MENTAL HEALTH

UNDERSTAND | REGULATE | INTEGRATE | MOVE FORWARD

You take care of everyone.
Who takes care of you?

A space for women to feel heard, supported and empowered through life's challenges and transitions. Your mental health matters — and you don't have to do it alone.

BOOK A SESSION →



Women's Mental Health Support

Women often carry many roles — and with that comes immense pressure. Life transitions, relationships, work, motherhood, trauma, hormonal changes and societal expectations can all impact emotional wellbeing.

I provide a safe, non-judgemental space to support women through a wide range of emotional and psychological challenges, using an integrative, trauma-informed approach, including Cognitive Behavioural Therapy (CBT).

Common Concerns

- Anxiety and overwhelm
- Stress and burnout
- Self-esteem and confidence
- Relationship difficulties
- Life transitions
- Perimenopause and hormonal changes
- Trauma and emotional regulation

You can be strong and still need support.





Maternal & Perinatal Mental Health

SUPPORTING YOU THROUGH EVERY STAGE

The journey to and through motherhood is beautiful, but it can also bring emotional challenges. You don't have to navigate this alone. Perinatal mental health support is available during preconception, pregnancy and the postnatal period, as well as during the early years of motherhood.

LEARN MORE →

Support for:

- Antenatal anxiety and depression
- Postnatal anxiety and depression
- Birth trauma and traumatic birth experiences
- Pregnancy loss and fertility challenges
- Adjustment to motherhood
- Identity changes and self-esteem
- Relationship changes after becoming parents
- Feeling overwhelmed, disconnected or not yourself

Cognitive Behavioural Therapy (CBT)

PRACTICAL TOOLS FOR REAL CHANGE

CBT is a structured, evidence-based therapeutic approach that helps you understand the connection between your thoughts, emotions, behaviours and physical responses. It can help you:

- ✓ Identify and challenge unhelpful thought patterns
- ✓ Develop healthier coping strategies
- ✓ Manage anxiety, stress and low mood
- ✓ Build confidence and self-compassion
- ✓ Develop practical skills for everyday life

Who I Help

SUPPORT FOR WOMEN AT EVERY STAGE

- Adolescents and young women
- Women navigating life transitions
- Women in relationships
- Mothers and new mothers
- Women experiencing perinatal challenges
- Women healing from trauma
- Women experiencing anxiety, stress or burnout
- Women dealing with grief and loss
- Women seeking greater self-understanding



Your mental health is the foundation for everything else.