

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

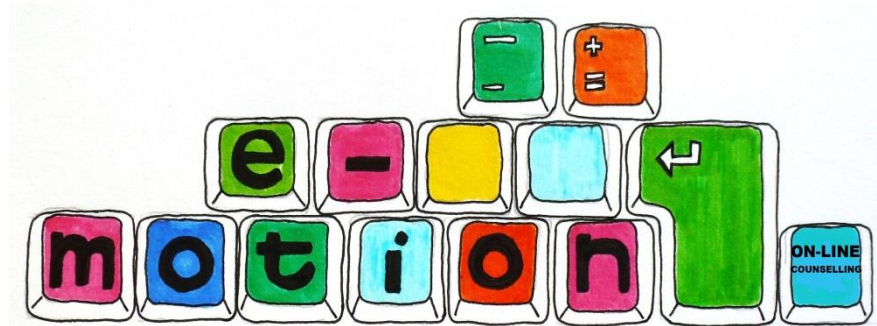


**[e-motion.org.uk](http://e-motion.org.uk)**



**[hello@e-motion.org.uk](mailto: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](http://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](mailto:hello@e-motion.org.uk) for counselling, [enquiries@e-motion.org.uk](mailto:enquiries@e-motion.org.uk) for general info or check the website.**