

# Counselling Support for People Living with Multiple Sclerosis in East Suffolk



Living with MS can bring unique physical, emotional and social challenges. Counselling offers a safe, confidential space to talk through your experiences, manage stress and explore coping strategies. It can help you:

- ❖ **Build resilience and confidence**
- ❖ **Navigate changes in health and lifestyle**
- ❖ **Strengthen relationships and communication**
- ❖ **Reduce feelings of isolation**

This service is designed specifically for people living with MS (including loved ones), offering understanding, empathy and practical support tailored to you.

**Up to 6 x 45 minute sessions provided for free (funded by the MS Society)**

**Online or by phone at a time and day to suit you.**

**Email: [talktodan81@gmail.com](mailto:talktodan81@gmail.com)**



[mssociety.org.uk](https://mssociety.org.uk)

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