

CORE HELPLINE is the phone-counseling or online counseling by Phone and Skype platform worldwide that provides convenient and discreet access to a licensed therapist.



**WE PROTECT YOUR PRIVACY AND CONFIDENTIALITY AT ALL TIMES.**

Our privacy and confidentiality standards are by far more advanced than what is required by law or regulations so you can feel safe and comfortable.

**CORE HELPLINE MAY BE RIGHT FOR YOU IF YOU'RE LOOKING TO IMPROVE THE QUALITY OF YOUR LIFE.**



ALWAYS  
WITHIN YOUR REACH

## CORE HELPLINE IS PERFECT FOR YOU IF:

- You value your privacy
- You do not want to worry about traffic or parking
- You would not be physically comfortable in an office environment
- You have a heightened sense of shame or stigma about receiving counselling and the thought of phone counselling, where there is no office visit, just feels easier
- You feel a greater sense of control over the phone and opening up is easier
- You have a physical disability which prevents you from travelling to an appointment or attending a face-to-face appointment
- You live in a small or remote community with no or limited access to face-to-face counselling and do not have the money to travel to another community to receive counseling.
- You travel a lot.

Whenever there is anything that interferes with your happiness or prevents you from achieving your goals, we may be able to help.

## **Our counsellors can help you with:**

self esteem  
stress,  
anxiety,  
relationships,  
family conflicts  
parenting,  
depression,

trauma,  
sleeping,  
anger,  
grief,  
addictions,  
LGBT matters,  
religion, and more.

