

## Hello and Welcome

Hi, my name is Vija and I am a BACP registered counsellor. I cover a wide range of issues for individuals in Colchester and surrounding areas.

I work with adults from diverse backgrounds providing individual sessions on a one-to-one basis.



I am here for you and to help



## Contact Us

Do you have an enquiry for Talking Today? We'd love to hear from you.

**Please scan the QR code below.**



+44 7749401176



info@talkingtoday.co.uk



www.talkingtoday.co.uk

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Registered Member 386661  
MBACP



Vija Randall  
Counselling  
Service

## Talking Today

Talking Today is a compassionate counselling service dedicated to supporting individuals through various mental health challenges



FREE

30  
min

## Our areas of expertise include:

- Bereavement
- Dementia
- Depression
- Difficult life events
- Disability
- Early Retirement & Retirement
- End-of-life
- Epilepsy
- Grief & Loss
- Loneliness
- Long-Covid symptoms/recovery
- Parkinson's
- Quitting Smoking
- Working from Home.



**Book your FREE  
30 minute consultation  
TODAY**

## Face-to-Face Counselling

Face-to-face counselling is the oldest and most traditional method of counselling, providing a safe, secure environment where the client can rest their thoughts and unload their feelings, whilst in the company of another person, which is comforting as well as reassuring.

**I can offer you face-to-face sessions in a peaceful room located in Colchester City centre.**

## Walk & Talk Therapy

Getting out in the open air is often recommended for improving mental health and well-being, so it's not surprising that outdoor therapy is becoming increasingly popular. In the less formal environment, clients are more relaxed and are therefore able to open up more freely and enjoy the benefits of the outdoors.

**We can start our journey together by meeting in a mutually safe place.**

## Mobile Counselling

There are many reasons why clients opt for a mobile counsellor to visit them at home, rather than travelling to a clinic. Mobile counsellors provide the same high-quality service you'd receive in a traditional setting, but with added convenience and personalisation.

**I am happy to visit you in the comfort of your own home.**

## Remote Counselling

Remote working means no traveling costs or travelling time to and from sessions which can be disruptive to busy schedules or work. Clients with health or mobility issues can access the same personal level and quality of service as face-to-face clients receive.

**We can work together via phone, Zoom, Skype or on FaceTime.**