



# Counselling for Adults, Teenagers & Children



Reach out for help through  
**Counselling**

**Counselling** is a technique supporting you in problems coping with study or everyday life, stress and anxiety or depression, loneliness, negative feeling, relationship or family issues.

**How counselling can help:** Counselling aims to help you to deal with and overcome issues that are causing emotional pain or making you feel uncomfortable. It can provide a safe and regular space for you to talk and explore difficult feelings in a private, trustworthy, neutral space. The counsellor is there to support you and respect your views, usually without giving advice, but helping you to find your own insights into and understanding of your problems. Counselling can help you to:

- cope with a bereavement or relationship breakdown
- cope with redundancy or work-related stress
- deal with issues preventing you achieving your ambitions
- deal with feelings of depression or sadness
- have a more positive outlook on life
- deal with feelings of anxiety
- worry less about things
- understand yourself and your problems better
- feel more confident

90min 8,000 Rs

Bookings: 011 268 4808 / 076 557 5556 / [pranalounge@gmail.com](mailto:pranalounge@gmail.com)  
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