

HOPE THERAPY & COUNSELLING SERVICES

Stress Support

When stress starts running your life.

Qualified counsellors offering support for stress — online across the UK and face-to-face across England. From £65 per session.

NCPS ORGANISATIONAL MEMBER

CBT, MINDFULNESS & ACT

FROM £65

FREE 15-MIN CONSULTATION

IF ANY OF THIS SOUNDS FAMILIAR

You cannot switch off — and you cannot quite remember when that started

"Maybe it starts with the feeling that you cannot switch off. You get home from work, but your mind is still there — replaying conversations, running through tomorrow's list, bracing for whatever comes next."

Sleep becomes shallow or broken. Your patience wears thin over things that never used to bother you. You notice your shoulders are tight, your jaw clenched, your stomach unsettled. Or perhaps it is not one big thing — it is everything at once, all layered on top of each other until the simplest decision feels overwhelming.

If any of this sounds familiar, you are not unusual and you are not failing. Stress affects most of us at some point, and when it becomes persistent, it deserves to be taken seriously — not pushed aside or powered through.

WHY STRESS BUILDS UP

The causes are as varied as the people who experience them

Stress is your body's natural response to pressure or demand. In small amounts it can sharpen focus and help you respond to challenges. But when pressure is relentless — or when there is no space to recover between demands — stress stops being useful and starts taking a toll.

Work deadlines and workplace pressure

Relationship difficulties or family strain

Financial worries or uncertainty

Caring responsibilities or parenting pressures

Health worries — your own or someone you love

Gradual accumulation — no single cause, just too much

What matters is not whether your stress is "serious enough" to deserve attention. If it is affecting how you feel, how you function, or how you relate to the people around you, it is worth exploring.

Professional registration: Hope Therapy & Counselling Services holds NCPS Organisational Membership. Sessions are confidential; limited exceptions apply and your therapist will explain these clearly at the outset.

A DIFFERENT KIND OF HELP

Not tips you've already tried — but understanding what is actually going on

Counselling offers a confidential space where you can step back, explore what is driving your stress, and begin to understand the patterns — in your thinking, your habits, and your circumstances — that may be keeping you stuck. Your therapist will not tell you to "just relax". They work alongside you to look at what is actually going on and develop ways of responding that feel manageable for your life.

FOUR APPROACHES

Matched to your situation — often combined

Counselling

A space to talk through what is weighing on you with a qualified, impartial professional. Helps you make sense of your feelings, identify what is within your control, and find your own way forward. From £65.

CBT

Focuses on the connection between thoughts, feelings and behaviours. Identifies unhelpful thinking patterns that amplify stress and develops practical strategies for responding differently. From £65.

Mindfulness (MBCT)

Helps develop a different relationship with stress — learning to notice your responses without being overwhelmed by them, and building steadiness over time. From £65.

ACT

Acceptance and Commitment Therapy helps make space for difficult feelings without being controlled by them, while focusing energy on what matters most. Particularly useful when stress is tied to avoidance or feeling stuck. From £65.

GETTING STARTED

- 1 Free 15-minute consultation**
A brief, relaxed conversation to explore what is going on and how we might help. No pressure, no commitment.
- 2 Matched with a therapist**
We connect you with a qualified therapist from our team of 90+ — someone whose skills, experience and approach suit your situation. If the fit isn't right, we'll find someone else at no extra cost.
- 3 Begin your sessions**
Online via Zoom or face-to-face across England. Your therapist works at your pace, with your goals in mind.

WHAT OUR CLIENTS SAY

“

I came for work-related stress and have felt a real change. Processing how I think and what I can do to support myself has been incredibly helpful. I finished my sessions with tools to continue supporting myself.

CLIENT — WORK STRESS

“

It wasn't "do this or do that" — it was suggestions and helping me see a way forward for myself. The techniques have made a real difference to how I manage day-to-day pressures.

CLIENT — STRESS & LOW MOOD

“

I was nervous about starting, but from the first session I felt at ease. My counsellor helped me understand patterns I hadn't noticed and gave me practical ways to respond differently.

CLIENT — STRESS COUNSELLING

Client experiences are individual. Results vary between people.

The Talk Room Podcast — Episode 5: Ian and Wendy discuss practical ways to manage stress, including at the most pressured times of the year. Free to listen on Spotify and watch on YouTube — search **The Talk Room** or find it at hopefulminds.co.uk.

COMMON QUESTIONS

What is the difference between stress and anxiety?

Stress is usually a response to a specific external pressure — work demands, relationship difficulties, financial worries. Anxiety tends to be more persistent and may continue even when the original stressor has passed. The two often overlap, and counselling can help with both. Your free consultation is a good place to talk through which you are experiencing.

How many sessions will I need?

There is no set number. Some people find that six to eight sessions give them the tools they need; others benefit from longer-term support. Your therapist will discuss this with you and review together as you go.

Is stress counselling available online?

Yes. All our therapists offer sessions online via Zoom, Skype or telephone — just as effective as face-to-face, and accessible from anywhere in the UK.

When you feel ready, we're here.

A free, no-obligation 15-minute conversation. No pressure — just a chance to explore whether we can help.

Book: calendly.com/hopetherapy/15-minute-consultation?month=2026-04 · **Call:** 07379 538411 · **Email:** contact@hopefulminds.co.uk

Please note: We are not a crisis service. If in immediate danger: **999** · **Samaritans: 116 123** — Free, 24/7 · **SHOUT: text 85258**

Stress deserves to be taken seriously — not pushed aside or powered through.

Hope Therapy & Counselling Services offers counselling, CBT, mindfulness, ACT, and a range of other approaches for stress — online across the UK and face-to-face across England. Our team of 90+ qualified practitioners is here to find the right match for you.

TELEPHONE

07379 538411

EMAIL

contact@hopefulminds.co.uk

WEBSITE

www.hopefulminds.co.uk

FREE CONSULTATION

calendly.com/hopetherapy/15-minute-consultation?month=2026-04

ALSO FROM US

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Hope Therapy & Counselling Services holds NCPS Organisational Membership, which covers counselling and psychotherapy services. Individual practitioners are registered with the BACP, NCPS, and/or BABCP as appropriate. All practitioners hold appropriate professional insurance. Sessions are confidential, subject to the limited exceptions explained by your therapist at the outset. Results vary between individuals; we do not guarantee specific outcomes.