

HOPE THERAPY & COUNSELLING SERVICES

Women's Mental Health

Counselling that understands what it means to be a woman today.

Specialist support for the full range of women's mental health challenges — from hormonal health and life transitions to work pressures, relationships, identity, and everything in between. Online nationwide and face-to-face across England.

1 in 5

women experiences a common mental health problem each week

2×

as likely as men to be diagnosed with an anxiety disorder

1 in 4

women experiences mental health problems during or after pregnancy

5-8%

of women of reproductive age are affected by PMDD

NCPS ORGANISATIONAL MEMBER

15 SPECIALIST AREAS

FROM £65

FREE 15-MIN CONSULTATION

SUPPORT THAT MEETS YOUR LIFE WHERE IT ACTUALLY IS

Hormonal, social, and personal factors – and the counsellors who understand them

Women's mental health is shaped by a unique combination of biological, social, and personal factors. Hormonal changes across the lifespan have direct and often underappreciated effects on mood, cognition, and emotional wellbeing – interacting with the demands of relationships, work, caregiving, and identity. Many women come to counselling carrying more than is sustainable.

You will not need to explain yourself from the beginning or justify why you are struggling. What you bring will be taken seriously, met with genuine understanding, and worked with at whatever pace feels right.

HORMONAL & REPRODUCTIVE HEALTH

PMS & PMDD

CBT, counselling & practical tools across the cycle

Menopause & Perimenopause

Anxiety, low mood, identity shifts & dismissal

Postnatal Mental Health

PND, postnatal anxiety, new motherhood adjustment

Pregnancy, Miscarriage & Loss

Grief, trauma, anxiety & traumatic birth

MOTHERHOOD, AGEING & LIFE TRANSITIONS

Motherhood & Parenting

Identity, invisible load & co-parenting

Emotional Impacts of Ageing

Identity, body changes, roles & meaning

Separation, Divorce & Retirement

Identity, independence, grief & new direction

IDENTITY, RELATIONSHIPS & WELLBEING

Relationship Counselling for Women

Boundaries, emotional labour & intimacy

Body Image & Self-Esteem

Social media pressure, appearance & self-worth

Gender Identity & Sexual Orientation

Non-judgmental exploration of identity

WORK, HEALTH & EXTERNAL PRESSURES

Career Pressures & Workplace Stress

Imposter syndrome, perfectionism, discrimination

Work-Life Balance

Burnout, boundaries & competing demands

Gender-Based Discrimination & Harassment

Processing impact, rebuilding confidence

Chronic Health Conditions

Identity, grief & meaning alongside illness

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.

HOW WE WORK

Evidence-informed – always tailored to what is most useful for you

Person-Centred Counselling

A warm, non-judgmental space grounded in genuine acceptance. Particularly valuable where the core need is to feel truly heard – often, for women, for the first time. The therapeutic relationship itself is part of what heals. From £65.

CBT

Effective for anxiety, depression, perfectionism, PMDD, and the unhelpful thought patterns that get in the way of living well. Practical, structured, and goal-oriented – concrete tools alongside deeper understanding. From £65.

EMDR & Trauma-Informed

For women carrying the impact of trauma – including birth trauma, abuse, pregnancy loss, or other distressing experiences. EMDR processes traumatic memories without requiring repeated verbal retelling. From £95.

GETTING STARTED

1 Free consultation

A relaxed 15-minute conversation – no pressure, no obligation. We listen to where you are and explore whether we can help. You set the agenda.

2 Matched with a therapist

We match you with a counsellor whose experience and approach fit your needs. If the fit isn't right, we'll find someone better – at no extra cost.

3 Your first session

Your therapist takes time to understand your situation before anything else. There is no script and no rush – the pace is always yours.

WHAT OUR CLIENTS SAY

“

For years I felt like I was just "not coping well". My therapist helped me understand that what I was experiencing had a name, had roots, and had treatments. The relief of being genuinely heard was enormous.

CLIENT — PMDD & ANXIETY

“

After my miscarriage I struggled to talk to anyone — it felt like people wanted me to move on before I was ready. My counsellor let me take all the time I needed. She didn't try to fix anything. She just stayed.

CLIENT — PREGNANCY LOSS

“

I came in exhausted — holding everything together for everyone else. My therapist helped me see how that had happened, where it came from, and what I actually wanted for my own life. It changed things.

CLIENT — BURNOUT & IDENTITY

Client experiences are individual. Results vary between people.

COMMON QUESTIONS

Do you have counsellors who specialise in women's mental health?

Yes. Our counsellors have specialist knowledge across the areas that most commonly affect women — including hormonal health, pregnancy and postnatal wellbeing, menopause, trauma, relationship dynamics, and the pressures of multiple roles. You will be matched with someone whose experience fits your situation.

Do I need a specific diagnosis to access counselling?

Not at all. Many women come to counselling without a diagnosis — simply because they want to feel better, more grounded, or more in control of their lives. You do not need to be in crisis to benefit. Whatever you are carrying, it deserves proper attention.

Is counselling available online?

Yes. All our counsellors offer sessions online via Zoom or telephone, accessible from anywhere in the UK — including evenings and weekends. Face-to-face sessions are also available across England.

You don't have to wait until you're at breaking point.

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

Crisis & specialist support: If in immediate danger: **999** · **Samaritans:** **116 123** (free, 24/7) · **Women's Aid:** **0808 2000 247** · **SHOUT:** text **85258**

You will not need to explain yourself from the beginning or justify why you are struggling.

Hope Therapy & Counselling Services offers fifteen specialist areas of women's mental health counselling — person-centred, CBT, EMDR, and trauma-informed approaches — online across the UK and face-to-face across England. Our team of 90+ qualified practitioners includes women's health specialists across every area listed in this guide.

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

The Talk Room Podcast — including episodes on women's mental health, PMDD, relationships, and navigating life transitions. Search **The Talk Room** on Spotify and YouTube, or find it at hopefulminds.co.uk.

Hope Therapy & Counselling Services holds NCPS Organisational Membership. Individual practitioners are registered with the BACP, NCPS, and/or BABCP as appropriate. All practitioners hold appropriate professional insurance. Sessions are confidential subject to limited exceptions. Results vary between individuals; no specific outcomes are guaranteed.