



## PRESS RELEASE

By LeanOnUs

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### Launch of Free Mental Health Guidance Service

Since the spring of 2012, Director of Anglia Counselling, Bob Brotchie has been providing support to, and through, LeanOnUs.

To expand upon current services, this month LeanOnUs will be launching a new service called Mental Health Guidance. This will be a free, and confidential, Question & Answer service run by Bob Brotchie who boasts an outstanding reputation and specialises in counselling, psychotherapy and mindfulness training.

Anyone who finds themselves overwhelmed by anxiety or depression, has work or relationship issues, suffers from low self-esteem or phobias, or is dealing with negative thoughts and/or behaviours could benefit from this free service.

Mental Health Guidance will be available worldwide to adults, teens/young adults and children (from age 8 upwards) and won't be limited to LeanOnUs members as it will also be available to members of the public.

“I'm not your 'usual' therapist. I'm not a cold academic, and I'm not into long uncomfortable silences. When you work with me, I'm in your corner, offering warm, unconditional support and practical strategies that will transform your life.” – Bob Brotchie



Bob is a former Senior Paramedic and has been delivering within Primary Health-Care for more than two decades. Following an award-winning career (including three years as a HEMS medic, and many years as a manager and project lead) Bob retrained, and is now delivering counselling and psychotherapy services for adults and children with cognitive and behavioural needs from his private practice near Newmarket, Suffolk. Added to this, Bob has availed himself to LeanOnUs and now serves clients internationally.

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LeanOnUs is a non-profit based in Peterborough, Cambridgeshire. It provides a platform for individuals to share life experiences, causes or products that can better humanity. The goals of LeanOnUs are to provide encouragement and support along with helpful information. They also aim to raise awareness and educate. LeanOnUs covers various topics relating to life in general, physical health, mental health, social issues and safety issues on a worldwide basis, with a loyal worldwide following.

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