



Hello, my name is Steve. I've been counselling at No Limits since January, and before that I volunteered on the drop in at the Advice Centre.

I'm training in Person-Centred Counselling at Southampton City College. I have worked with people from a range of backgrounds and ages, and I have a particular interest in working with anger and our attitudes towards it.

I work by creating a safe and confidential space where you can feel empathy and non-judgement to explore whatever issues are important to you. It's important to me that we work through issues at your own pace and empower you to build emotional and practical resilience.

I am passionate about breaking the stigma around seeking help, especially around mental health, and allowing people to foster a better connection with themselves. I work within No Limits codes of practice and the BACP ethical framework to ensure that our sessions are safe and protected.