

Counselling Directory

When you're going through a difficult time, it can be easy to keep your worries to yourself and believe that you're the only one experiencing these feelings. We all have our ways of coping, however, through our own experiences, we've learnt how important it is to have relevant, accessible information, and how the right support can help transform lives.

About Counselling Directory

Our story began in 2005 when sisters Aimi and Emma launched [Counselling Directory](#). They had both experienced mental health issues when they were at school and university and knew how it felt to be overwhelmed and lacking guidance. They wanted to use their own experiences to help others find help from counsellors and therapists.

Counselling Directory is proudly part of the Happiful family. Watch our video to discover more about our story and mission:

Was this page useful?

- [Yes](#)
- [Neutral](#)
- [No](#)

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