

Why Choose Us?

Whatever you're struggling with or stressed about, be it at work, an unhealthy relationship or experiencing depression, anxiety, phobias, bipolar disorder, ADHD, trauma, PTSD or having poor coping mechanisms and in need of building resilience – we at NAFS are available to support you without you having to wait or experience any other barriers.

Price Guide

Service	Price Range
Psychotherapy <ul style="list-style-type: none">- Online- In Person- Individual, Group & Family Therapy-Modalities: CBT, Psychodynamic, Trauma Focused, etc.	£100 - £220 per session
Psychiatry <ul style="list-style-type: none">- Assessment- Diagnosis- Treatment	£250 - £350 per session
Resilience Programme <ul style="list-style-type: none">- Yoga: Children / Adults- Perinatal Support Group- Trauma Survivors Group- Pain Management Programme- TaiChi- Mindfulness	£15 - £25 per session



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