

2023 - 2024

TALKING THERAPIES

PLATFORM **FORM**

9547

Number of counselling appointments



1276

people had counselling

50

Number of counsellors working for Platform Wellbeing

96%

would recommend Platform Wellbeing Therapy service

“[Counsellor] never rushed any of our sessions or made me feel uncomfortable. She always had time to listen and understand what I was going through. I really appreciate all the support I have had from [Counsellor]”

“[Counsellor] was a very kind, understanding and patient counsellor. she helped me work through my issues in a way that was easy for me to understand”

“My counsellor provided a safe space for me to explore and reflect - I always felt validated.”



Counselling can be offered in:

Urdu · Hindi · Gujerati · Bengali · Polish · German · Norwegian · Welsh · English



platformwellbeing.com
hello@platformwellbeing.com

SUPERVISION AND CORE 10 OUTCOMES

PLATFORM

“Platform has connected me with a supervisor who understands me and my practice”

“I would strongly agree with Group Supervision - that is amazing, and I benefit from the creative aspect”

“My supervisor is very professional”



7.5

average CORE10
reduction at end of
counselling sessions

589

individual supervision
sessions delivered

69

group supervision
sessions delivered

11.5

average CORE10 at
end of counselling
sessions

We have worked with

Aneurin Bevan University Health Board · Cardiff Metropolitan University ·
Swansea University · Deryn · Resource Group · The Lighthouse Club