



## ONLINE CONFIDENTIAL 1:1 WELLBEING SUPPORT SESSIONS

- **We're confidential:** We are not related nor connected to the production and no information about your booking is shared
- **We're professionals:** All our team members are professional certified coaches or accredited and qualified psychotherapists
- **We get you:** All our team members have experience working with the film and tv industry, and you can book your session at any time during the day any day of the week.

GIVE  
IT A  
TRY

Access the portal and book your confidential 1:1 session with a professional today.

Discover our wellbeing hub with self-care resources to support you.



Password: Spring