



SIGNAL

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 a time that works for you.

GIVE
IT A
TRY

Access our wellbeing platform and book your confidential 1:1 session with a professional today.

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



Password: Spring