



# CHRIS MENIST

I am a fully qualified counsellor and a registered member of the British Association for Counselling and Psychotherapy (BACP). I have been working at Catch 22 since 2016 primarily within Wandsworth schools and community settings, which has given me a broad experience of working with young people across the borough.

I am an integrative therapist, and have training and experience to help young people with issues such as anxiety, bullying, bereavement, traumatic experiences, depression, eating disorders, self-harm and exam stress.

I believe people benefit from having a confidential space to have their personal stories and experiences heard and acknowledged. An insightful and respectful approach to counselling can provide support and promote positive mental health and self image.

My approach is to offer a safe, non-judgmental space which can enable you to make your own informed choices and decisions.