



NIAMH CONROY

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 September 2017, primarily within Wandsworth schools which has given me considerable experience of working with young people.

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 that everyone's past has the power to dictate the impact of what happens in the present. An insightful and respectful approach to counselling can bring immediate relief simply by initially feeling that you are being heard and understood by somebody.

My approach is to offer a safe, non-judgmental arena which can help enable you to make your own informed choices so that, you are better placed to move into improved mental wellbeing.