



REMA LINDSAY

Hi my name is Rema

I have been working at Catch 22 since September 2016 primarily within Wandsworth schools which has given me a considerable amount of experience 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, exam stress, body image and many other issues that impact young people in this current climate.

I believe that it is good to talk which has the power to impact change for a healthy mental mind state, simply by feeling that you are being heard and understood by somebody.

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