

Mental health support now available online from East Lothian

East Lothian Counselling Network launches new accessible online platform.

After Mental Health Awareness Week, a group of mental health professionals in East Lothian is taking significant steps to simplify and make mental health support affordable and accessible.

The East Lothian Counselling Network has a new website, designed to provide an easier, more efficient way for residents across East Lothian to access high-quality mental health support. This online practitioner directory features a wide range of local therapists and counsellors, ensuring that adults, young people, and couples can easily find the right support tailored to their needs. Search buttons help clients target specific issues and filter the therapists who offer counselling for these.

“The new website marks a significant advancement in our mission to make mental health support more accessible,” said Cathie Hutchison and Valerie Smith at East Lothian Counselling Network. “We believe that by simplifying the process of finding a therapist we can help more individuals get the support they need in a timely manner.”

Founded in 2010, the East Lothian Counselling Network’s commitment to mental health accessibility is evident in their thoughtful approach to creating a platform that addresses the

barriers many face when seeking therapy. The new website not only enhances the ease of access but also provides essential resources that empower individuals to take control of their mental health journey.

For more information about the East Lothian Counselling Network or to explore the new website, visit www.elcn.org.uk



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