

## Front Page

### Description

Feeling Brighter offers practical help that quickly and effectively deals with mental wellbeing and emotional issues.

We assist you to effectively deal with challenges, think more clearly and better meet your needs.

So you can quickly connect to your best self and confidently move forward.

[Get In Touch](#)

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**Fiona Jamieson**

**Free 15 Minute Consultation**

Email for a free 15 minute telephone consultation to find out how we can help.

All information is given and received in the strictest of confidence.

DBS disclosure.  
NHS referrals welcome.



**Registered No. 185447**

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**Author**

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