

The Role of Psychological Counselling in Overcoming Stress and Anxiety

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The Role of Psychological Counselling in Overcoming Stress and Anxiety: Psychological Counselling is a sort of professional treatment that helps people in dealing with emotional, psychological, and mental health problems. A qualified counselor or therapist helps clients identify and treat their problems, that can include stress, relationships, sadness, anxiety, depression, or personal development. BetterLYF is an online platform that offers accessible mental health support from a team of qualified and experienced counselors. In this Counselling, we can talk to certified doctors so that they can resolve our issues.

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