

# NIHB Approved Mental Health & Addictions Counsellor



Best Option Health Services



**Costa Ndlovu MSc, BScPN.**

## **Diploma, Leadership & Coaching**

Registered Psychiatric Nurse, Addictions Counsellor, Mental Health Coach and Health Promotion Practitioner with over 15 years experience. Offers trauma responsive counselling grounded in cultural humility and person centred care. Believes that people are not passive recipients of care, but should be supported to actively participate in their, goal-setting, recovery and healing through informed choice. Offers both counselling and coaching depending on client's identified needs.

**Offering both online and in person sessions.**

- ▶ Post Traumatic Stress Disorder
- ▶ Drugs & Alcohol Addiction Challenges
- ▶ Anxiety
- ▶ Depression
- ▶ Goal setting
- ▶ Life skills development

Where: NWT, Alberta, Ontario & Consultancy for UK clients, registered with the NMC

Book your **FREE** 15 minute discovery call today and lets discover steps towards achieving your goals and desired outcomes.

Email: [contact@bestoptioncare.com](mailto:contact@bestoptioncare.com)

**Call: 780-607-2811 Mon-Fri 8.30-5pm**

**Evening & Weekend Sessions Available**