



# Marpe Wellbeing

**Therapy** in the comfort  
of your own space.



**Website:** [www.marpewellbeing.uk](http://www.marpewellbeing.uk)  
**Email:** [hello@marpewellbeing.uk](mailto:hello@marpewellbeing.uk)

## Taking **mental wellbeing** as seriously as physical health



### **Video Appointments**

Quick access to therapy at the touch of a button.



### **Teenage Counselling**

We are one of the first platforms that allows young people over the age of 13 years to access therapy online.



### **Experienced Therapists**

Select from a portfolio of qualified and UK registered therapists (**counsellors, psychotherapists and psychologists**).



### **Journaling**

Journal your feelings in the diary feature and enjoy our mood tracker feature.



### **Flexible & Secure**

Enjoy the same benefits as face-to-face counselling, with the added convenience of the security and comfort of your home.



### **Self Help Resource**

A repository of materials that addresses anxiety, depression, struggle sleeping, burnout, the effects of the pandemic, work strain, mood swings, low moods, and personal stories.

Marpe Wellbeing is a digital healthcare solution that provides talking therapies to patients – a service invaluable in these unprecedented times.



Everyone is unique and can respond to stress in different ways. Marpe Wellbeing is targeted at patients:

- Who have an established diagnosis of mental health illness.
- Struggling in their day to day.
- Who simply need to talk through their struggles with a trained professional

#### Therapy sessions offered:

Face-to-face online sessions from the comfort your own space with a therapist.

- 30 or 50 minute sessions
- Out of hours service from 6am to 10pm.
- Same day appointments available
- Therapists for young people available.

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## How it works

### ① Download the app



### ② Browse profiles of therapists and choose your preference



### ③ Check available slots on your chosen therapist's calendar



### ④ Click “Join Room” at the time of appointment



### ⑤ Rate your therapist after your session

