

# Reflect Yarm

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Our approach is built on decades of experience and a deep understanding of psychological science. Led by Dr. Coleen Mercer-Quinn, our practice blends evidence-based therapies with a personalised touch, tailored to your unique needs. We don't believe in one-size-fits-all solutions instead, we work with you to design a path that reflects your goals and strengths. With over 30 years in the field and countless happy clients, we proudly offer a service rooted in trust, dignity, and respect. We offer various specialised services for individuals, families, and corporate organisations. From therapeutic support and relationship counselling to leadership development and wellbeing programmes, we adapt our expertise to meet you

where you are. Our corporate wellbeing programme is specially designed to support organisational growth through mental wellness, fostering healthier teams and stronger leadership. Every step of the way, we collaborate closely with our clients to build long-term, meaningful change. At Reflect Yarm, we understand how daunting it can feel to take that first step toward getting help. That's why we've made our process straightforward and supportive from the initial enquiry to being matched with the right practitioner. We're here to listen, guide, and support you through each stage of your journey. Your well-being is our priority, and we're honoured to walk this path with you. Website:  
<https://reflectinnovations.co.uk/> Phone Number:  
01642989100

Brand Grade: Grade One

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