



How do you know if it's time to talk?

You're not yourself lately

You feel low, anxious or overwhelmed more often than not. Maybe your sleep's off, you've lost interest in things you normally enjoy, or you're just exhausted. Your mind and body might be telling you it's time to talk.

Things keep bubbling up

Arguments feel harder to get past. You keep circling the same issues at home or work. Whether it's tension with a partner, struggles with your kids or grief from the past, talking can help ease the weight.

Work is starting to suffer

Struggling to concentrate? Dreading every shift? If your wellbeing is affecting how you show up at work, it's worth checking in with yourself. You don't need to wait until you're at breaking point.

You just feel stuck

Sometimes we don't know what's wrong, just that something isn't right. That's OK. Counselling isn't only for crises. It's for sorting through the noise, getting unstuck, and understanding yourself better.

You're not alone, and you don't have to do it alone

Thousands in hospitality have already reached out for support with stress, anxiety, grief, relationships, and more.

At LTC, our counselling is free, confidential and tailored to you.

Call us, 24/7, 365 days a year 0808 801 0550