

JH Counselling Solutions

Thank you for working with
myself on yourself.

ADHD Life Coach and Addictions Therapist



Hi, I'm James Hansen.
FdSc, BSc (Hons)

I have the wonderful superpower
often referred to as Attention
Deficit Hyperactivity Disorder
(ADHD)

In addition to being an ADHD Life coach I'm also a Specialist Addictions Counsellor. I have studied Addictions counselling for 6 years at the University of Bath. Recent research suggests ADHD can coexist with addictions. I believe with the right support, I can assist you to work on both these areas together.



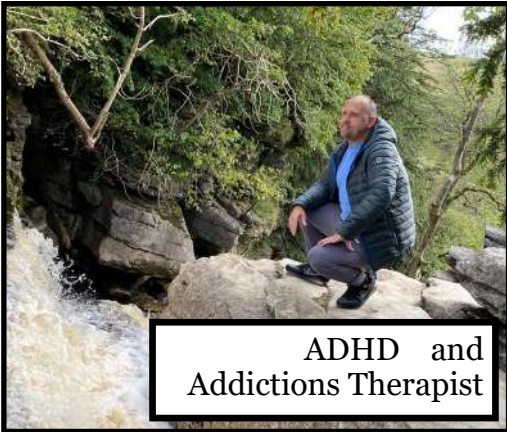
MY SON - Diagnosed Aged 6,

MYSELF - Diagnosed Aged 37,

MY GOAL - To help other ADHD'ers realise how fantastic they are and to share my expertise, assisting those facing daily challenges to develop skills to utilise your ADHD to its full potential!

“James is quite simply a highly professional, personable and understanding guy who has enhanced my life with severe ADHD to a point of manageability and happiness”

B Jacobs, Client of JH



BOOK today for a free initial consultation either via Zoom (web video) or telephone at a time convenient for you.

www.jameshansen.co.uk



My head is like a washing machine going round and round!



How can I acquire skills to manage these tiresome ADHD symptoms and Addiction?



GET IN TOUCH WITH JAMES HANSEN

BOOK an appointment on my website:

www.jameshansen.co.uk

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ADHD Life Coach and Addiction(s)Therapist