



IDA-TALLINNA KESKHAIGLA

AS Ida-Tallinna Keskhaigla  
Ravi 18, 10138 Tallinn  
Rg-kood 10822068  
Tel 666 1900  
E-post info@itk.ee  
www.itk.ee

## Psychological counselling

Counselling provides the opportunity to analyse your feelings, identify the problems causing stress and find strategies that would help you. Sometimes it is enough to talk to somebody, who is impartial and non-judgemental, about your fears in order to be able to cope with everything.