



# Mission Statement

Sarah Urwin Therapy Services (SUTS) is a business run by Sarah Urwin as a sole trader, from the family smallholding, Youngs Farm in mid-Devon.

SUTS offers counselling and psychotherapy, including Animal Assisted Therapy, Equine Assisted Psychotherapy, and Walk & Talk sessions, to adults and young people (18 years +) with mental health difficulties, and/or an autistic spectrum condition.

SUTS work alongside other experienced professionals from the fields of health, social care, and education. Together they value diversity, and offer a warm, empathic, non-judgemental space for clients to explore their difficulties and work towards their own solutions. The focus is on improving mental health and overall well-being and supporting clients to work towards and experience more positive life outcomes.

SUTS also offers Supervision and Training in Equine & Animal Assisted Interventions, as well as Walk and Talk/Outdoor Therapy. This CPD is offered to supervisees and students from many different professional backgrounds, across the UK and abroad, both face to face and via online platforms such as Zoom.