

"A safe space for people to blossom."

"I now have a new community of like-minded people, willing to selflessly-listen and openly share."

"Activities like these make a difference for so many people who could not afford to pay for support."

"It is wonderful to be able to connect with others in such a deep and meaningful way."

HOW ARE YOU ... REALLY?

Need more people who can listen to the real answer?

FREE PEER-TO-PEER COUNSELLING PROGRAMME

TALK FOR HEALTH

TALK FOR HEALTH THERAPY WITHOUT THERAPISTS

AWARD WINNING PEER-TO-PEER COUNSELLING PROGRAMME

WHAT'S THE IDEA?

It's important to take care of our emotional wellbeing, just as it is to take care of our bodies. One way of doing this is to connect in a truthful and empathic way with others.

WHO IS IT FOR?

Anyone who wants to take care of their wellbeing and support others.

HOW CAN I GET STARTED?

Come to a Taster or one of our Specials.

- Come to **Talk for Health** cafés; continue talking for wellbeing and gain communication skills
- Do our in-depth **Award Winning 4-day Talk for Health Programme**
- Follow these with **ongoing groups** for strong peer networks

It's all **FREE** and is commissioned by the NHS. You will learn and have space for:

- Honest talking – being the real you
- Empathic listening
- Basic counselling skills
- How to set up and be part of an ongoing group to talk for wellbeing

Scan the QR code to view upcoming dates and sign up to attend



MENTAL HEALTH & WELLBEING AWARDS

LONG TERM IMPACT AWARD WINNER 2022

WWW.MENTALHEALTHANDWELLBEINGAWARDS.COM



Book your place through the QR code or contact us via any of these routes