



Year report

HearMe

Summary for January 2021 – January 2022



Since starting with a small amount of funding from the Hospital Saturday fund, in late January 2020, the HearMe Counselling service has successfully established itself as a consistent source of quality therapeutic support for people who use The Action Group services.

The range of issues presented by individuals include those typically seen in the mainstream counselling room – anxiety, low self-esteem, mild to moderate depression, bereavement, past trauma, relationships, self-harm.



Sadly, many of the people we have seen over the past year have had some **experience of trauma** in their lives. We have also seen a number of people whose ability to manage their mental and emotional health have been adversely **affected by the pandemic and lockdown restrictions** which have impacted their lives, negatively affecting their resilience and wellbeing.

"It really helps to be able to talk about all this stuff I've been keeping inside".

"Just to say that I found the Hear Me counselling service very good. My counsellor Edith made me feel at ease / relaxed. I was able to discuss throughout the sessions what I wanted to discuss. I feel that due to the counselling I can open up more... (*to people in my life*). I would recommend this service to other people at The Action Group that may feel it would be beneficial. **Thank you to Edith**".

"I can only say thank you so much for allowing me to use this service. Words are not enough. Without my counsellor I do not think I would have coped with the last few months. She has literally saved my life and lifted my self-confidence."

"It is helpful. This feels like a very safe space".

"I want to talk about how I feel about myself, because I think – just a little bit – I love myself more."

"I think the counselling's been good for me because I'm more relaxed."

"I feel the session's gone really well. A lot of the stuff I've said, I wouldn't normally have opened up about"

"I liked talking to you".

"That's the first time I've laughed! It's good to laugh... it's good to smile."

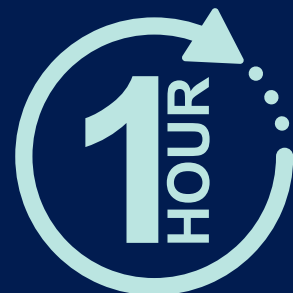
20
Number of people who have received counselling



221
Total number of counselling sessions delivered



Average length of a session



To find out more about how counselling could help you, please contact Edith Barrowcliffe at edithbarrowcliffe@actiongroup.org.uk or speak to your support staff.