

WEST BLETCHLEY WELLBEING COUNSELLING SERVICE
IN PARTNERSHIP WITH
WEST BLETCHLEY COUNCIL

STRUGGLING IN THE LOCKDOWN?

FREE counselling sessions are still available to residents who are served by **West Bletchley Council**

The impact of the Coronavirus pandemic has affected us all in very different ways:

- Isolation and loneliness
- Anxiety and depression
- Stress and trauma
- Relationship and family problems
- Work-related concerns
- Helplessness and anger

.....and many, many other mental health issues.

If you are struggling and feel you would benefit from talking things over, West Bletchley Council offers a completely *confidential, independent and free-of-charge* counselling service to its residents.

If you qualify for the scheme, you will

- receive *up to* eight 50-minute sessions with a fully qualified and very experienced counsellor
- be able to choose from a variety of remote counselling methods:
 - Zoom
 - Facetime
 - Skype
 - Telephone

To qualify for the free service you must simply

- be a resident covered by West Bletchley Council
- be aged 18 years or older
- agree to a one-off assessment/discussion to see if counselling is the way forward for you

For more information phone 01908 370860 (leave a message if answer machine is on), email at wbwbcounselling@btconnect.com or visit our website www.wbwbcounselling.org.uk

Currently, due to COVID-19 regulations we can neither receive visitors to our premises nor offer face-to-face counselling. However, by whichever means you contact us, we endeavour to get back to you as quickly as possible.