

# ancho



## Small Steps

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Counselling Service

## **SMALL STEPS**

Are you struggling with depression, anxiety or stress? Is it starting to have an impact on your life or wellbeing? If so, our **free** counselling service might be just what you need.

## **WHO IS SUITABLE?**

If you are suffering from mild mental health problems or are feeling overwhelmed with events in your life, then this service is for you. People who are suffering from major mental illness will likely not benefit from this service, due to the short-term nature of support provided.

## **HOW DO I GET AN APPOINTMENT?**

Anyone can self-refer for this service. We also accept referrals from service providers and support organisations. To make an appointment, email [mail@ancho.co.uk](mailto:mail@ancho.co.uk) or call 01294 313 121.

## **WHAT HAPPENS WHEN I PHONE?**

A member of our team will take some basic information including your name, date of birth, address, contact number and the reason for making the appointment.

## **WHAT HAPPENS AT THE FIRST APPOINTMENT?**

The Community Support Worker will meet you and discuss your counselling needs. We will discuss the support we can offer and take some information about your requirements. At this appointment, we will find out whether this service is the right fit for you. If it isn't, we can make recommendations of where you can get help and support.

## **WHAT HAPPENS NEXT?**

If the service is right for you, you will be offered seven sessions, with the opportunity for more if it is required. Each session will last an hour.

## **Date of referral**

## **REFERRER DETAILS**

### **Name and organisation**

### **Address**

### **Phone number**

## **CLIENTS DETAILS**

### **Name**

### **Address**

### **Phone number**

### **Date of birth**

### **Reason for referral**



Our mission is to create neighbourhoods where people want to live

**Our head office:**

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**Our phone number:**

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**Our email:**

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**Our website:**

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Part of the

**cairn**  
HOUSING GROUP

This leaflet is available on CD, in braille, in large print and in community languages.

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