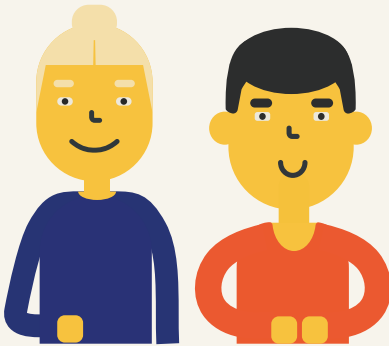


ancho



Small Steps

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 CAN I GET HELP?

Anyone can self-refer for this service. We also accept referrals from service providers and support organisations. To get in touch, email 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 what support you might need.

WHAT HAPPENS AT FIRST CONTACT?

The Community Support Worker will contact you and discuss your counselling needs. We will discuss the support we can offer and take some information about your requirements. 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.

CLIENTS DETAILS

Full name

Address

Phone number

Date of birth

Reason for referral

REFERRER DETAILS (if applicable)

Name and organisation

Address

Phone number



Our mission is to provide quality affordable homes and services, with our communities and partners, throughout Scotland.

Our head office:

ANCHO Ltd.
Sovereign House,
Academy Road,
Irvine KA12 8RL

Our phone number:

01294 313 121

Our email:

mail@ancho.co.uk

Our website:

www.ancho.co.uk

Part of the

cairn
HOUSING GROUP

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

Registered Society under the Co-operative and Community Benefit Societies Act 2014 (No 2559R(S)), Scottish Housing Regulator (No 306), Scottish Charity (No SC036082), Registered property factor (PF000346)