

## Stressed? Anxious? Depressed? We can help.

“Incredibly valuable support at a very difficult time”

“I have been amazed at the difference it has made to the way I think about myself and others. It has helped me explore why I do certain things and view them with a new perspective”

### WORKING WELL COUNSELLING SERVICE

As an employee of **2gether**, you, or anyone in your household over the age of 18, can access **free counselling** here.

You can **self-refer**, so no-one even needs to know you're coming – we have no communication with your manager.

We're available in **Gloucester** or in **Hereford**.

“For the first time, I have actually felt safe enough to open up and work on my issues.”

**89%** of our clients were **very** satisfied with the counsellor

**81%** waited less than a month to be seen

**95%** say they would definitely recommend us to a friend

“I have found the whole experience to be of a very high standard and would recommend the service to anyone”

Easy to book, just phone us on **01452 894480**, or email [workingwell@nhs.net](mailto:workingwell@nhs.net)