# **Need to Talk**

Newsletter



# Service manager message



As we say goodbye to 2022 and get ready to welcome 2023, 365 new days and 365 opportunities for new ways of being. I want to say Happy New Year to my treasured team; your work is greatly appreciated.

The New Year is the beginning of new ventures and projects, and I know that Need To Talk will ensure we carry on with the same determination and motivation.

I want to send good wishes to all other organizations we work closely with and thank you for keeping the referrals coming and showing your trust and support for our work. It has been wonderful working with each one of you.

A huge thank you to • Harrow Council • Harrow College • VAH • Northwood School • Harrow Library • for supporting us to support the community.

You have always helped us grow. We hope our contribution continues and brings us mutual benifit and helps prepare for whatever the New Year has in store.

Self Care and look after others

We appreciate the opportunity CNWL has given to our NTT team to undertake the Mental Health First Aid training (MHFA).









## STOP PRESS

Need to Talk Courses Coming soon:

- Certificate in Counselling L2
- Understanding in counselling Assessments
   awareness of pros and cons
- Communication Skills Training
- Group facilitator Training

#### **SOCIAL MEDIA**

INSTAGRAM

@Needtotalk\_ldn



TWITTER

@Needtotalk\_ldn



LINKEDIN

Need To Talk -Counselling and Wellbeing Services

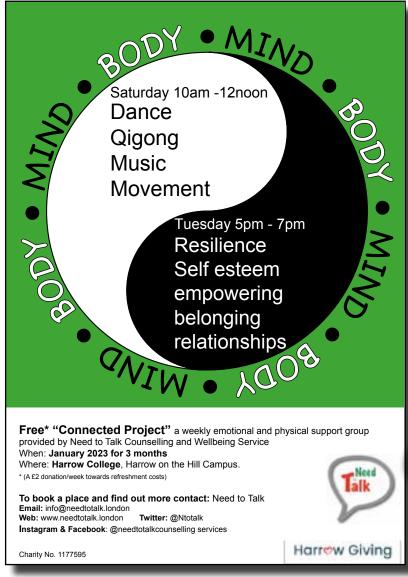
## Extended till March 2023!

## The Connected Project

Starting again in January 2023

**When:** Tuesdays: 5 p.m. - 7 p.m. Saturdays: 10a.m. -12 p.m.

Where: Harrow College





## Counselling sessions are still available!

We have a few spaces for affordable sessions from £20. Affordable counselling sessions are available both on telephone and Zoom.

Please contact us using our email: info@needtotalk.london for a pre-counselling application form if needed



Need To Talk Counselling and wellbeing services offers one-to-one counselling and emotional support group.

Let us support you mentally and emotionally during these difficult times!



ing is about making a positive choice to get the help that you need to one traomatic events and their consequences such as:

- adjural harries
- language and communication burriers
- PTSD Post Traumatic stress disorder
- The isolation by separation from family and friends
- increased vulnerability

Need to Talk will allow you to explore feelings triggered by these difficult times in your mother tongoe (Ukrainian or Russian), live them through with professionals in a safe confidential manner and find some new helpful perspectives of perceiving your reality.

Counselling and therapy can help with a wide range of difficulties:

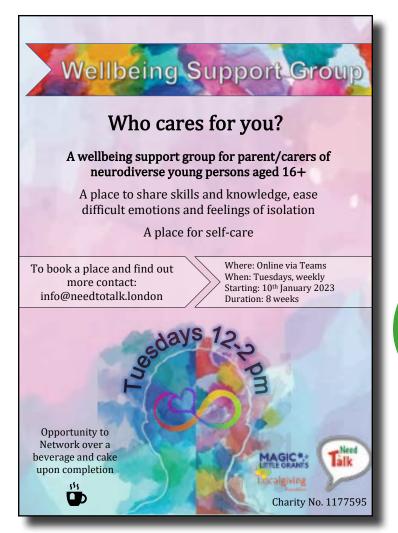
Depression and low mood

- Bereavement and Loss
- Stress & Anger
- Anxiety and Punic Attacks
- Relationship difficulties
- Self-exterm
- Cheiors and transitions
- Sexual orientation

For more information please contact:

Website: predtotalk.london Emai: info@needtotalk.london Tel: 07745 510 651

Harrow Giving



During this festive season, lets remind ourselves that some may find this time difficult, stressful and lonely.

> Please remember that you are not alone. If you are struggling, please reach out to us.

We have also included useful contact information for those who need support on the back page

## **Client Feedback**

### M. Client

You've been very helpful in getting me to look at my life and in helping me explore my issues, but ultimately I have to make the changes, no one can make them for me unfortunately.

### P. Client

Again, I can't thank you and Need to Talk enough for their involvement in my healthcare. You guys have so far been the most instrumental support I have received from any health professional.

### IN AN EMERGENCY:

Please call 111 or 999



### OTHER USEFUL NUMBERS:

CNWL Single point of access:

0800 0234 650 (24/7)

Samaritans: 116 123 (24/7)

Anxiety UK: 03444 75 774

CALM (Campaign Against Living Miserably): 0800 5858 589

(5pm - Midnight)

CRUSE BEREAVEMENT CARE

0808 808 1677

For more information visit our website:

needtotalk.london





"We received a Magic Little Grant through the partnership between Localgiving and Postcode Society Trust. Postcode Society Trust is a grant-giving charity funded by players of the People's Postcode Lottery. Localgiving is the UK's leading membership and support network for local charities and community groups. Our project received £500