



# Need To Talk • Newsletter

SPRING 2022

## *A special message from Aurora:*

I would like to start by saying that Need to Talk aims to give an opportunity to all when it comes to emotional support; not just for those who can afford it but for all that need it.

I am so proud of the team; just knowing how each one of you cares for everyone regardless of status, thank you for your kindness.

Unfortunately, we have reached our limit of free services, but we are really working hard to see if we can get additional funding in order to do what we do best; supporting the most vulnerable who need access to free counselling.

My message cannot finish without showing appreciation to:

- A warm welcome to Ali Maulidi our New Trustee
- All those that keep us going.
- all the organisations that trusted us with the referrals
- to all the clients for staying with us
- Voluntary action for their ongoing support
- to our funders that trusted us to do our job
- But most of all, a huge thank you to each of you in the team who make Need to Talk a reality.

**Thank you for what you do and how you do it!**



Aurora Da Silva  
Service Manager



info@needtotalk.london



07745 510 651



@Ntotalk



@needtotalkcounsellingservices



@need\_to\_talk.ldn

- Welcome to Ali Maulidi our New Trustee
- Welcome to our 5 new Counsellors
- Congratulations to our Social Media Coordinator Sophia on the birth of her daughter Sienna
- Need to Talk AGM 28th May 2022 Save the Date Details to follow
- Wellbeing group will change to monthly due to funding restrictions



**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 for a pre-counselling application form if needed

## Welcome to Ali

A warm welcome to our new Trustee Ali, the experience and skills you bring will prove to be a great addition to the need to talk. I look forward to working alongside you. Noreen (Treasurer)

Hello from Ali

"I would like to thank Aurora and the whole team at Need to Talk for accepting me as a Trustee for the organisation. At a pivotal period of my life, NTT was there for me. They gave meaning to my education and a purpose for my achievements.

Understanding and appreciating what they did for me is now chiselled in stone, and I see that paying it forward is the best way to pay it back.

I hope my dedication, education, and appreciation for what NTT stands for, let's me be part of the continued growth of NTT.

I must include a special thank you to Aurora for seeing in me what others chose not to and showing me potential that I hadn't seen in myself. Bless. "

### 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

## Client Comments

My confidence in myself has increased. I feel like I have come on leaps and bounds. More comfortable in my own skin.

Thank You for your support in helping me feel so much better. The treatment has helped me immensely.

## Harrow Community Mental Health Service

Harrow Community Mental Health Service is a safe place for people experiencing mental illness, where they can receive support with their recovery process. We offer one-to-one support and a range of therapeutic groups.

[rethink.org](https://rethink.org)

Rethink  
Mental  
Illness.

#### How to find us

The Bridge  
Christchurch Avenue  
Wealdstone  
Harrow  
HA3 5BD  
Phone: 0208 427-7669  
Mobile: 07467712235

# Thank You to our Funders

## Harrow Giving