

This year's challenges



- Rising demand – more people looking for counselling than ever
- Increasing complexity – clients show increasing levels of mental ill health often combined with social problems
- Growing pressure – two local counselling charities have closed and several others have stopped taking on new clients

This year's achievements

- 20% growth in counselling service - more counselling sessions than ever before
- Shorter waiting lists – our streamlined systems mean people can access support faster
- Our Access Fund continues to support the most deprived clients, with counselling for just £5
- Hosting regular meet-ups for counselling charities across the city – an opportunity for encouragement, learning and building partnerships



Next year



- We aim to launch a volunteer programme, using experienced counsellors to support more complex clients
- We will pursue growth opportunities for our training courses – growing our impact by training more counsellors
- Continuing to develop partnership working opportunities across Bristol and beyond

Our training is accredited by

