

Case studies

Prior to accessing counselling, Chloe* struggled with social anxiety and anger. She spent time speaking to her counsellor about significant negative past experiences both in school and within her family. Together they spoke in depth about these past experiences and helped Chloe understand the impact that the past was having on her present and future. By the end of the sessions, she felt significantly less anxious in new situations and in fact joined a language class and a volunteering group, **regaining her confidence and finding new connections with her community.**

Peter* had a very challenging home life. He was a carer for his wife who had Bipolar Disorder, resulting in self-harm and destructive behaviour. He came to us with a very poor quality of life, feeling trapped and isolated. He didn't feel able to go out, keep up with hobbies or friendships or apply himself at work. Peter and his counsellor worked hard, speaking about his feelings and the effect of his wife's illness. With encouragement, Peter was able to make significant changes, **finding a healthy new balance between caring for his wife and caring for himself.**

THANK YOU!

Thank you for working with us to deliver our vision - providing life-changing counselling to those that need it most.

With your support, we'll continue to ensure that no one in Bristol faces life's hardest moments alone.