

IMPACT

IMPROVING; Attitudes, Choices, Thoughts

How do we help?

All of our services are free and one-to-one

We offer in person, telephone or videocall support

Coordination – Help With Forms

Help to complete forms such as applying for PIP, Universal credit and more.

Coordination – Attending Appointments

Helping you to attend medical, debt relief or other appointments

Coordination – Advocacy

Behind the scenes support to help advocate on your behalf with other services

Coordination – Tailored Support

Helping you to with issues personal to you, such as tailored support for brain injury, family relationships, gender identity or similar

Emotional Resilience Mentoring

Focussed support to help you explore the issues around your suicide attempt, work on improving relationship behaviours, coping mechanisms and managing anxiety and anger.

One to One Counselling

Counselling to help explore underlying issues, trauma and difficulties you have experienced.

We are a team of 12, all of whom have different specialities to help you in different parts of your life – you can learn more about us at

www.making-an-impact.com 07765 224564