**Outcomes**

General Wellbeing

Improved

Emotional

Mood improved

Self-confidence increased (affecting work, ability to drive)

Anxiety and stress reduced

More positive generally

No longer suicidal/coaching averted a suicide

Began to address trauma

Lifestyle/habits/health

Exercising more

More energy

Smoking – engaged with stop smoking programme

Drinking reduced

Took up hobbies eg gardening

Lost weight

Adopted self-care regime

Entered rehab

Proactively funded urgent surgery

Work

Changed job

Increased hours/improved income

Returned to work after absence

Improved focus and involvement

Increased confidence

Began study for work-based qualification

Home/family

Moved home

Improved relationships with spouse, children, extended family

Goals

Able to identify and work towards goals

Learned coping strategies

Learned ‘tools’ to use themselves

Moving forward

Being supported pending move to more specialised therapy

Move to bereavement counselling

Move to *Growing People*

Holding for Wellbeing Service

Onward referrals

**Feedback**

“Nothing short of amazing… When I was in a very dark place she has lifted me no end”

“Gave me the confidence to think about how I could help myself through”

“Feeling old self again”

“You have given me the strength and tools to continue to move forward in life”

“I am now feeling more hopeful and more confident”/I had felt alone having to confront long-term, deep-rooted relationship issues”

“You have brough some real focus into my life”

“I don’t think you can ever imagine how you helped me!”

“I cannot thank you enough for the support you have provided. I feel emotional writing this, but I know this reflects the new spirit and hope that you have opened up in my life. Thank you, and I mean this from the bottom of my heart. I hope you can continue to positively influence the lives of others who lie me, are struggling and need support and guidance to find the joy in life again.”

“A massive thank you to your service which has helped me immensely with my mental health. I have been in therapy so many times over my life and hand on heart can say that this has been the most beneficial.”

“I hope others in similar circumstances have the opportunity to avail themselves of (the Service”