

TLC Counselling

TLC: Talk Listen Change is working as part of the Thriving Communities Social Action Fund Project with Groundwork Greater Manchester and Get Up & Grow.

They are offering **free one-to-one counselling** for a limited number of people (up to 10 sessions per person). Due to Covid19, counselling is currently being offered via video (Zoom) or telephone, which allows people to access support in the safety and comfort of their own homes.

These sessions can help with things like:

- Coming to terms with relationship breakdown or bereavement
- Unhappiness, worries or stress in work or at home
- Supporting people to feel happier with who they are
- Improving relationships by working out better ways to communicate
- Dealing with changes in people's lives (e.g. living with long-term illness)
- Feeling anxious or depressed or finding life difficult to cope with
- Coping with how lockdown has left people feeling

If you think you, or someone you know, might benefit from counselling, you can:

- **Contact TLC directly: www.talklistenchange.org.uk/oldham-social-action and complete the online referral form.**

Or

- **Contact Emma Jones-Holding at emmajones-holding@talklistenchange.org.uk or telephone **0161 872 1100** to talk it through.**