

Do You Need To Talk?

The Listening Service in Your Surgery

“Even that one session made me realise a lot of things and made me change my life around from then.”

“They just seemed to find the right questions to get me to open up, talk about things that were worrying me, how I was feeling and giving me strength to carry on.”

“Before I went I thought ‘Oh no, it’s just going to be someone else judging me’, but I went in and it was so relaxed.

He wasn’t judging, it was useful just to have that one person listening to you, it was just so relaxed, he was genuinely concerned.”

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The Listening Service in Your Surgery

*Helping people
(re)discover hope,
and inner strength
in times of illness,
change, and loss.'*

**Speak to your doctor or nurse
about making an a
appointment**

