

"Feeling Safe, Standing Strong"

Wellbeing Programme

The Birchall Trust has expanded our team to include Wellbeing Practitioners and we are delighted to now be able to offer a Wellbeing Service. This service looks at holding and supporting you with your general wellbeing whilst you wait for counselling services.



Supporting people affected by rape and sexual abuse

We can provide sessions over a 6-12 week period including supporting and sign posting you with issues around:

- Sleep Problems,
- Eating problems,
- Depression and anxieties,
- Self-harm and suicidal thoughts/behaviours,
- Intrusive negative thoughts,
- and Psychoeducation to allow you to understand your mind, body, and behaviours during and after trauma.

More Information?

enquiries@birchalltrust.org.uk

Cumbria: 01229 820828

Lancashire: 01524 239595

For some people we can also offer shorter term support (up to 3 weeks) to work on a specific or complex issue which is creating a barrier for you to access services or counselling.

Wellbeing practitioners will work with you on your specific needs to maintain and improve your wellbeing – this will be different for each individual as our work is person-centred to ensure we have a holistic approach to empower you to take control of your wellbeing.