

WAND UK

FREE Emotional Wellbeing Support in your Language



**WE Speak Your
Language**

Bangla

Portuguese

Amharic

Arabic

Somali

And More

What is Emotional Wellbeing Support?

The Emotional Wellbeing Support delivers a service where trained staff and volunteers provide emotional support and practical help to clients who are experiencing a difficult time. The information you tell your emotional support worker will not leave the organization except in an emergency situation if someone is was in danger.

This is a FREE confidential service.

Emotional Wellbeing workers usually see clients for up to 4 sessions but this is flexible according to the clients' needs.

How we can help

We will listen carefully to you, understand your difficulties and help you to see things more clearly.

We do not judge we assist in exploring a range of different options or coping strategies.

Who can take advantage of this service?

We can help if you can't cope with feelings such as anger, sadness, grief, anxiety and depression. If you are feeling isolated, with no family or friend support.

Low self - esteem, confidence or relationship problems.

Self-harm, trauma, bereavement and other issues that may be troubling you.

Benefits of Emotional Wellbeing Support:

Emotional Wellbeing workers are here to provide you with information, emotional support, refer you to other services.

About the Sessions

**Service provides 4
Weekly sessions lasting 1
hour each.**

Make Appointment

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