



Lily's Inspire Story

Lily was originally referred to the Inspire Project in January 2023 by her school due to friendship issues and struggling to regulate her emotions. At initial assessment, she said that she found it difficult to open up about how she's feeling and can be prone to overthinking. This would cause her to sometimes get into arguments with friends or walk out of lessons.

Lily demonstrated a great deal of courage and engaged well with the counselling sessions, opening up about her experiences and feelings. She and her counsellor looked at her trigger points, which included uncertainty and fear of judgement. They also explored her coping strategies and it transpired that her hobby of boxing was a great outlet for her.

By the end of the sessions, Lily was feeling much happier in herself and expressed how much she enjoyed receiving counselling. She found it very helpful to vent and get things off her chest, stating that she felt very comfortable to do so with her counsellor.

In September 2023, Lily was re-referred to the Inspire Project for more counselling, with Lily herself asking for more support. This was due to her transition into Year 10 and starting GCSEs, which had brought back some of the difficulties she struggled with earlier in the year.

Due to the amount of work and revision expected of her, Lily has made the decision to give up boxing. This time, she and her counsellor have explored alternative options to find an outlet for her feelings. So far, Lily has expressed an interest and like for writing things out. Lily likes to keep a log of her positive emotions and experiences - such as those with her partner - and burn or rip up the negative ones. She also has a good support network both at home and in school, and knows she can also access this outside of her sessions.

Lily's sessions are ongoing and she is making the most of the opportunity to speak about her feelings. Though some weeks can be difficult for her, she feels reassured knowing that she has support from Inspire to help her through. Her school will soon be starting an empowerment group and she has expressed an interest in joining.