

A PROJECT BY HER-PLACE CHARITABLE TRUST



# INSPIRE COUNSELLING HANDBOOK

ALL YOU NEED TO KNOW  
ABOUT OUR YOUNG PERSONS'  
MENTAL HEALTH SERVICE

# WHAT IS INSPIRE?

Inspire was founded by Kate Blakemore in response to the ever-growing need for mental health support for young women.

## Our Vision



To eradicate health inequalities and amplify young women's voices in Cheshire and beyond with the aim of improving physical and mental wellbeing outcomes.

## Our Mission



To **encourage** young women to find their voice and recognise their true value

To **inspire** young women to take action and make positive changes within their lives and the wider community.

To **empower** young women to improve their mental and physical health and wellbeing.

In order to achieve our mission, Inspire offers a mental health service for young women or those who identify as young women, from Year 9 up to the age of 25, who are experiencing difficulty with at least one of the following:

- Body image
- Eating anxiety
- Social anxiety
- Low self-esteem
- Self harm
- Adverse childhood experiences

Available to those living in:

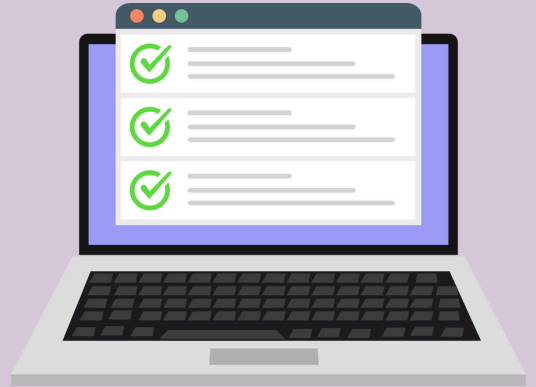
- Crewe
- Nantwich
- Alsager
- Sandbach
- Middlewich
- Winsford
- Northwich

You can find out more about our mental health service and how to refer into it over the coming pages.

# THE REFERRAL PROCESS

## Referral

Young women can either self refer or ask their school or a trusted adult to refer them. Once we receive their referral, they will be added to our list to be contacted for an initial assessment.



## Initial Assessment

This is a phone appointment in which we will ask questions to find out if our counselling service is the right support for the young woman. If it is, they will be added to our waiting list.

## Counselling Sessions

Counselling provides our young women with an opportunity to talk about any worries or concerns they may have in a safe environment, for a minimum of six sessions.



## Further Support

After young women have completed counselling, they have the opportunity to continue on their Inspire journey by joining our wellbeing activities.

# FAQS



**How do I refer to Inspire?**

You can self refer by filling in the form on our website and emailing it back to: [referrals@her-place.co.uk](mailto:referrals@her-place.co.uk) or calling on: 01606 557666 if you would prefer us to do a form over the phone. If you attend school, you can contact your pastoral care team who are able to refer you.

**Does a parent or carer need to refer me?**

You are able to complete your own referral form, and may find it empowering to do so. However, you may also feel more comfortable if a parent or carer does this for you - either is fine.

**What if I can't fill out the online form?**

If you do not have access to a smart phone or computer, or would otherwise prefer to complete a referral form over the phone for any reason whatsoever, just give us a call on: 01606 557666. One of our members of staff will take some details from you and answer any questions you may have.

**Will I definitely receive counselling?**

During your initial assessment we will ask you some questions to find out if our counselling service is right for you. We may find that signposting to a different service, or joining our wellbeing activities would be more beneficial for you.

# FAQS



**How long is the waiting time?**

Between your initial assessment and counselling starting, the waiting time can be up to four months. However, in the interim you may wish to attend some of Inspire's wellbeing activities, which you are more than welcome to do.

**Where does counselling take place?**

Counselling sessions can be over video call, or face to face at our hubs in Crewe and Winsford. If you have been referred by a school, there is a possibility to be seen there, which is something your counsellor can discuss further with you and school.

**Am I able to re-refer for more counselling?**

If you find you are experiencing difficulties after your counselling has ended, or something in your life has changed since then, you are able to re-refer yourself into our Inspire service three months after the end of your sessions.

**Is there a cost to the counselling?**

All Inspire counselling and wellbeing activities are free of charge.

# OUR IMPACT

After accessing Inspire counselling...

- 81% of clients reported that they understood themselves better
- 94% of clients reported that they understood their problems better
- 75% of clients reported an improvement in their mental health
- 63% of clients reported that they are able to cope better when things go wrong
- Over half of clients reported that their levels of confidence and self esteem had improved
- 81% of clients reported that they felt more able to ask for help
- 70% of clients reported that their friendships had improved
- 100% of clients would recommend Inspire counselling to others

Here is what some of our clients have had to say about the service:

“

I have found counselling very helpful as I can tell that the way I speak to people and friends around me has changed so that I am able to talk about myself more.

“

It's helped me feel lighter, I almost looked forward to speaking about my problems

”

“

She was so kind and I felt quite comfortable when talking to her. She has also given me so many strategies for different situations for me to try and use which has been helpful.

”

“

I enjoyed being able to sit and just express myself so it has been a good experience.

”



# MEET THE TEAM



I'm Georgie and I am the Inspire Co-ordinator for Her-Place. My main passion is creativity, and I love encouraging others to use their own creativity to express themselves and improve wellbeing. I have my own experience with some of the issues that impact some of the young people in our community, including living with a complex mental health disorder, and being a cared for child and care leaver.



My name is Abbi and I'm one of the counsellors here at Her-Place. My counselling journey began when I sought some support myself. It was through working with my own counsellor that I realised I wanted to pursue this career. I am passionate about empowering young people to take charge of their mental health. When it comes to looking after my wellbeing, I like to tap into my creativity. I like journaling, creative writing and drawing.



Hi my name is Laurel, I am one of the Young Person counsellors here at Her-Place. I have a passion for supporting young people and helping them in finding their voice. When I am not counselling I can be found spending time with my family on adventures, I also love to travel and explore new places. My counselling journey started when I sought my own support, through this I realised that I would like a career that allows me to support others.

# CONTACT US



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