



# Are you or someone in your family struggling with their mental health?



**Platform for Life offers a free counselling therapy service for families. We work with parents/carers, children and young people up to age 25.**

**Our service is available for families who:**

- ✓ Live or attend school in Blacon or Lache.
- ✓ Have a low income and are unable to afford private counselling.

If you or another family member would like to access our service please contact us on **07552 219806** or **07387 660143**.

You can also email us at **[info@platformforlife.org.uk](mailto:info@platformforlife.org.uk)** to find out more.

Whilst Coronavirus restrictions remain in place, we're offering a remote service. This means you can choose to speak to your therapist via telephone or video (e.g. WhatsApp). We'll resume face to face counselling once it's safe to do so and you'll then have the choice of meeting your therapist in person in your local community.