

Healthbox Adult Counselling Service

Rural Alliance:

Bunbury Medical Practice
Kelsall Medical Centre
Drs Adey & Dancy, Tarporley
Dr Kent & Partners, Tarporley
Village Surgeries Group
Laurel Bank Surgery, Malpas

HEALTHBOX
COMMUNITY WELLBEING SERVICES

Offering one to one counselling which can help you learn tools and coping mechanisms, build strategies and have a safe space to reflect and explore your challenges.

Referrals

Your GP practice can refer you to our counselling service for low-level mental health issues, such as anxiety, stress, low mood, low self-esteem or bereavement.

Counselling sessions are via telephone, video (online), or face to face in Malpas or Tarporley.

Our counsellors and trainee counsellors are members of a national ethical body for counsellors and psychotherapists and adhere to their Ethical Framework for Good Practice.

Assessments

Once we have processed your referral you be contacted by one of our counsellors who will arrange an assessment with you.

During your assessment you will have the opportunity to let our counsellor know what has brought you to counselling and what you would like to achieve with this support.

This will be an opportunity for us to ensure we can offer you the best possible support and, if appropriate, match you with one of our counsellors.

Ask your GP receptionist to refer you to Healthbox - Mental Health Link Worker

**Social Prescribing
offers a holistic
approach to
supporting
people with social
issues that impact
health and
wellbeing.
We listen and
give you time to
discuss what
matters to you.**

Healthbox Social Prescribing Service

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"It all starts with a conversation"

Our Social Prescribers offer a personalised approach to supporting you with the issues you are facing. Together, we can come up with a plan to help improve your situation going forward.

GP's tell us that many people who visit them need extra support with non-medical issues. .

There is no pill to fix these issues so we can help connect you with the right help, in the right place, at the right time.

Social Prescribing can help you feel more empowered and able to better manage your health and wellbeing.

We can offer support for:

- Loneliness & Isolation
- Finances
- Employment or volunteering
- Housing
- Caring Responsibilities
- Mental health, including anxiety, low mood, stress and bereavement

*"Social Prescribing is a way
of connecting people with
activities, groups and services
in your local community that
might help you feel better"*

Ask your GP receptionist to refer you to Healthbox - Social Prescribing Link Worker