

Listening Service

What is a listening service?

This is a **safe space** for you to express how you're feeling, what is going on in your life, and to talk in a *non-judgemental environment*.

The listening service is not counselling.

Who can access this support?

Patients experiencing the following:

- Low mood
- Feeling anxious
- Feeling lonely and/or isolated
- Relationship issues
- Needing support with decision making
- Stress
- Gender and/or sexuality issues
- Body image and/or self-confidence

Are you feeling lonely?

Do you need someone with whom to talk?

The listening service is accepting Sands End patients for sessions with the listening practitioner.

What to expect?

You will be allocated **6 sessions** with the listening practitioner.

Each session lasts **50 minutes** and starts and ends at the allocated times.

Sessions are held on **Thursday afternoons** only.

How to get a referral

Speak to your GP, nurse, pharmacist, or health care assistant at Sands End to see if you're eligible to be put on the waiting list. The listening practitioner will call you for an initial chat and to set up the sessions.