

A 50-minute online chat session with a counsellor

Personal Message:

Hi Amy, a little something to help you through the difficulties you're having at the moment.

Love from Sara x



Please contact Dr Zara Kay Benamor zara@wheretotalk.org with your reference number to redeem your Gift Card. Your chat with a counsellor is strictly confidential.

Your Reference Number: CGS1234

SAMPLE

- Your Gift card is valid for up to one year.
- When you're ready, simply contact zara@wheretotalk.org with your reference number, and choice of communication (private messaging, text or email) and we'll provide you with a counsellor.
- Unless the Gift Card purchaser wishes to add a personal message, we will not know your name or any details until you contact us. The reference number allows for a level of anonymity.
- Everything you share with your counsellor is confidential and strictly private. They will introduce themselves and let you know how they work.
- A counsellor is ready to listen and provide you with reflective, compassionate and appropriate support. They will help you manage your difficulties and improve your well-being.
- You might want to continue sessions, or your counsellor can signpost you to other services (free or private), so that you can continue to get support.