

## Main news article:

### Is it all too much? Survey asks what emotional support is needed during crisis

As the nation's mental health makes headlines during lockdown, counselling charity Network asks just what support people need.

The Christian charity wants to understand what impact the unprecedented circumstances are having on how people are dealing with their wellbeing and mental health. Immediate practical pressures, restrictions on movement and technology barriers are all affecting our mental health, but they might be making it more difficult for us to get help too. They are asking as many people as possible to complete their survey to inform how they respond to people's needs.

Network Counselling and Training offers affordable counselling to all, regardless of background or ability to pay. Clients come with issues ranging from severe childhood trauma to deeply painful bereavements as adults. They regularly tell us that their counselling is life changing. One client said: "Life hasn't gotten any easier but I'm better equipped to handle it now. I've learnt how to ride the surf instead of being constantly knocked over and I'm much more peaceful now as a result."

Rita Smith, General Manager at Network, says: "Network grew out of the needs of the church communities in Bristol 34 years ago. It is essential that we understand what is going on for people as they balance day to day challenges with some of the bigger issues in life. The survey responses will help us to provide the most relevant support over the coming months and into next year."

Network Counselling and Training relies on voluntary donations of at least £60,000 a year to run its services, and thanks to the generosity of its supporters provides over 3,000 sessions of affordable counselling to people from Bristol and the local area each year.

The survey is entirely anonymous and takes two minutes to complete.

<https://www.surveymonkey.co.uk/r/wellbeingimpact>

[www.network.org.uk](http://www.network.org.uk)



## Summary for social media

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