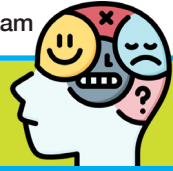


Jan-Dec 2023 Counselling Impact Statement

Young People aged 13-18 living or attending a school in Gravesham

105 Young People Referred
54 self-referred / 51 other



10

Days maximum time to book-in



90%

Attendance rate



82%

Said they felt more able to cope with life's challenges*



100%

Would recommend counselling to their friends*

* From feedback received

47

Struggled with their mental health for over 2 years and had not accessed support

59

Had not accessed counselling before

15

Had been on CAMHS or another counselling list awaiting help



31

Connected to Suicide

Attempts/Intrusive thoughts/Aftermath



15

Admitted self-harming



31

Affected by family dynamics



31%

Assessed as having severe psychological distress



26

Affected by Loneliness



82% Of our income came from the support of community - we couldn't have achieved this without you!