

Have you heard about the CCL Listening Service??

No, well let me tell you a little more about it...

We all face challenges at some point in our life:-

- ill-health
- bereavement
- relationship breakdowns
- unemployment
- changes to life circumstances that just feel out of our control

But so often people do not want to burden their family and friends, and yet don't know where to turn, but talking to someone out with our personal circle can sometimes be just what is needed and the Listening service can offer that for you.

The Listening service provides a safe, confidential space, free from judgement by our trained CCL listeners, for you to speak about whatever is causing you anxiety, or just making you feel low, and generally getting in your way of both your health and wellbeing.

Unlike counselling or other forms of psychological intervention, CCL Listeners are not there to fix the problem, they are there to listen to your story, told in your own words, to allow you the space to be seen, heard and process what is going on for you.

The Listening service is available at several GP practices around Aberdeen City, so please ask your GP receptionist if you have a listener in your practice that you wish to make an appointment with.

Alternatively you can make an appointment with one of our trained listeners at the **Aberdeen Health Village by calling 01224 65 55 55.**

your story. **your** time. **your** wellbeing.