



support  
when you  
need it  
most

**Good mental health and well-being is important for everyone, young and old.**

Mental health problems affect one in four of the population at any one time, and can change the way we think, feel or act.

**Things people talk to us about include:** Depression, anxiety, anger, eating difficulties, relationship problems, substance misuse, abuse and neglect, problems at school or work, bereavement and loss, sexuality, bullying and body image.

“I’m able to understand myself and my behaviour better and feel much happier.”

“My confidence and self-esteem have really increased. I have a more positive attitude to life and to work.”

### / Counselling appointments and referrals

Counselling appointments are offered in a variety of locations including: GP surgeries, schools, colleges, or at our offices in Hereford where we have a suite of therapy rooms.



The CLD Trust

counselling / learning / development

Hereford House / 3 Offa Street / Hereford / HR1 2LL

tel: 01432 269245 / fax / referrals: 01432 359132

[confidential]

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British Association of Counselling  
and Psychotherapy Accredited Service

BACP Reference No. 102566

Charity Registration No. 1056592



It's good to  
talk...

We're here  
to listen

...and to help



The CLD Trust

counselling / learning / development

# We're listening to **you** and making a difference...

## freedom

*"It was very worthwhile and I would advise other people in my situation to take part."*

### Who are we?

The CLD Trust is a registered charity providing a counselling, learning and development service for young people 10+ and for adults.

We also provide a range of other programmes and training including counselling plus employability. Established since 1994 we are accredited with the British Association of Counselling and Psychotherapy and subscribe to their Ethical Code of Conduct.

## support

*"I got on very well with my therapist and she helped me look at my situation differently. I feel more confident as a person generally and happier in myself".*

### What is Counselling Therapy?

Counselling therapy provides the opportunity to talk to a qualified and trained person about the things that worry or concern you.

Counsellors will not judge you or tell you what to do, but will listen carefully and will help you develop confidence, skills and strategies to overcome or manage difficulties and feel happier and more fulfilled.

## confidence

*"My confidence and self-esteem have really increased. I have a more positive attitude to life and to work."*

### Our Practice

All our referrals are screened before being allocated to counsellors. This ensures we can check for any safeguarding issues and speak to referral organisations where necessary. Appointments are offered quickly and mostly within 2 weeks of referral.

All our staff have regular case management supervision to ensure the highest quality of professional practice and in addition all counsellors receive clinical supervision.

## moving on

*"I'm able to understand myself and my behaviour better and feel much happier."*

### Training and Development

We provide a range of bespoke training courses to help managers, employers, teaching staff and others, supporting those with mental health worries and distress.

### / How can The CLD Trust help me?

All our staff are fully qualified and are able to offer a variety of therapeutic approaches including Brief Intervention Therapy, Cognitive Behavioural Therapy (CBT), Art Therapy, and therapy for substance misuse.

Practitioners on our Employability programme have professional guidance skills and significant employment expertise.

### / For parents and carers

Growing up isn't always straightforward for young people or their parents and some young people can experience difficulties on their journey towards adulthood.

Counsellors will help young people find ways of overcoming difficulties, sometimes if it's difficult to talk, art work, drawing, painting, or clay work can help communication.

### / For young people and for adults

At times we all feel worried or have problems that are hard to talk about, especially with people who are close to us. You may worry about what they will think or say, whether they will understand what you are saying or how you are feeling. At times like this counselling may help.

### / Services to schools and colleges

We work on a six session brief intervention model where possible. Requests for extensions are agreed by and intensively monitored by senior managers.

### / Counselling and Employability

This unique programme is for individuals who have been unemployed for some time. It combines therapy and intensive employment support to enable individuals to be confident in their abilities and better placed to secure and maintain employment and training.

Call us in confidence  
**01432 269245**