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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Coronavirus Update   We wanted to take the opportunity to get in touch and provide some updates about how our service has changed in light of the situation around COVID19 that we all find ourselves dealing with.   We’ve been doing everything we can to adapt our service in line with social distancing requirements, while still providing the same high level of mental health support that we’ve always done. With all our staff working from home, **we have moved to providing a telephone counselling service** in replacement of our previous face-to-face.We’ve also been working on our digital skills and are **piloting a video counselling service for clients** who would prefer this option.   We want to take this opportunity to reassure you that you can **continue to refer as you would have done previously.**    We are also encouraging referrals for individuals that may not feel they require formal one-to-one counselling sessions but do feel that they would benefit from simply having **someone qualified to talk to about anything they’re struggling with at the moment.** We know that the current situation may leave a lot of individuals worried about getting in touch with us because they think that our team will be too busy dealing with other clients whose mental health situation is much worse, but we want to dispel this belief. We’re keen to encourage referrals from clients who might benefit from our more relaxed service during this pandemic – working with a therapist for a single session and developing some coping strategies may be enough to greatly improve their mental health.  Referrals can be made online [lifelink.org.uk/make-a-referral](https://www.lifelink.org.uk/make-a-referral) or by giving us a call on 0141 552 4434.   We’re trying to let as many people as possible know about our service at this time and **we’d love it if you could support us by talking about Lifelink on your social media pages, website, newsletters, etc.**   The easiest way to support us is by **clicking on the social links below and sharing our Facebook posts and Tweets with your audience**, but anything you can do to get the message out about Lifelink would be appreciated.  If you need any further information, please drop us an email at [info@lifelink.org.uk](mailto:info@lifelink.org.uk) | | | | | |
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