



**network**  
counselling and training

## Mission Partner of the Month—January 2020

Network Counselling and Training was founded in 1986 by a group of Christians from local churches in Bristol and still maintains a strong Christian Ethos which is the motivation for all that we do.

The majority of our staff and a large number of our counsellors are Christians. Many of our clients also have a Christian faith and report that they appreciate being matched with a counsellor who understands the importance of their faith and where they can be fully themselves.

### Network's ethos:

**A commitment to live out God's grace, love and compassion for all human beings in everything we do, with Jesus as our example.**

## Counselling is...

At times in our lives we all encounter difficult or painful experiences which we need to talk through with someone else. Family and friends can be very supportive but there often are times when they are unable to offer the particular kind of help needed.

People come to Network for help with mental health and wellbeing issues that are affecting their ability to manage everyday living. For a number of clients this disruption is significant, affecting family life, their physical health, preventing them from working, and impacting on maintaining relationships.

- **Half of our clients have been diagnosed with a clinical illness, with one in ten experiencing complex mental health issues.**
- **15% of our clients reported having suicidal thoughts before coming to Network.**
- **One quarter of clients have experienced moderate to severe trauma in childhood or teenage years.**

## Professional

We have around 40 fully qualified and student counsellors who volunteer their time in order to provide a safe and confidential space for clients who would not otherwise be able to afford counselling.

## Affordable

No one is turned away for lack of ability to pay.

## For all

Network offers long-term, affordable professional counselling for people from all walks of life.

# Client story

(Used with permission)

[I experienced] severe and prolonged sexual abuse as a child. When I first came to Network I was very depressed, suicidal, in a bubble a lot of the time, cut off from reality and my emotions. I had no real understanding of what was wrong with me. I was so ill I didn't even understand I was ill.

I found that it didn't make me anxious to come [to Network] because my counsellor made me feel at ease. We didn't have an agenda so I didn't feel pressurised into saying anything. It felt a very safe place for me. It's taken a long time, but I feel like all the pieces are starting to come together. I feel better. I am able to get on with things in everyday life. It was an effort even to go out before, whereas I don't find it such a struggle now. If I start to feel anxious now, I use the methods I have learned in counselling such as relaxation techniques to help me. I am also starting to feel my emotions more, although I am still afraid of them.

The things that trigger me now I can deal with better. I can put things in place so that they don't have such a devastating effect on me. **I have come to realise that I can't change what happened in the past, but I can live with it and deal with it differently.**



Woodland room—for prayer and quiet reflection.  
Sponsored by St Michael's Heart of the Community Tithe fund.

## Please pray

Please pray for those who come to Network in need; that they will find in Network a place of peace and healing; and for our counsellors and supervisors that they will have the inner resources to meet the needs of their clients and be able to practice good self-care in the process.

Please pray for Network staff, that we will make best use of the many and varied gifts that each of us bring to the team, that we value each other in everything we do, and that we may all find the courage and wisdom to deliver the very best work we can as a counselling and training service.

Please give thanks for the increasing financial stability of Network, and for God's grace in moving our many supporters to give financially and enable our ongoing work. Please pray that we continue to steward our resources with sound judgement, and that we reach and inspire individuals, Trusts and companies to fund our work.

