

**Patient stories** Kelly

Connect Health's Counselling service allows patients to be heard and feel like they have someone to talk to.

**My challenges**

- My name is Kelly and I live in Hertfordshire. My depression and anxiety were triggered by relationships with my family and partner, from always feeling not good enough and I exhausted myself by trying to do better.

**The treatment I received**

- I received Person-Centred Counselling for Depression approach within IAPT (Talking Therapy) from Connect Health.

**Outcomes**

- My counsellor has helped me to find my way and my life has changed dramatically. Talking things through and being heard has had a huge impact on my life. I feel happy and am looking forward to the challenges my future holds.

**The most helpful aspect**

- The most helpful aspect of my therapy is being listened to and encouraged to believe in my choices and take action.

“Connect Health's Counselling service has changed my life dramatically and I am very grateful.”