

The first step in getting help is... *reaching out*

That's exactly what Simon Spencer, Stock Taker at our Manton Wood site did. Simon waived his right to anonymity, in the hope it will encourage other colleagues to do the same.



How did you hear about GroceryAid?

I saw posters around the site at Manton Wood and so then took it upon myself to find out more.

What made you reach out for help?

I was regularly having negative thoughts and kept feeling really low. I also suffered with feelings of anxiety and loss of concentration, which became more frequent since the coronavirus outbreak. As I am soon to become a first-time parent, I thought it was a good a time as any to act and see what help is available. Thankfully, when I looked at the GroceryAid website, I came across the Woebot app.

What is the Woebot app and how did it help?

Woebot is an artificial intelligence counsellor that is available 24/7 via an app on your mobile phone. It allows the user to access in the moment emotional support. It allows you to track your mood, identify low mood patterns and gives insight into issues or concerns that may not have even realised. Woebot can teach the user techniques and tools such as cognitive behavioural therapies or breathing exercises.

The Woebot App supported me by allowing me to write down any thoughts and re-think them into balanced thoughts. It also provided me with techniques and strategies to cope with any of the negative thoughts or anxiety that I had. I personally also found it easier to explain how I was feeling and unloading my negative thoughts to an app than I perhaps would in person.

How have you felt since?

I have felt that my concentration has picked up and I also feel a lot better in myself. I am finding it easier to relax in my own time and genuinely feel more balanced and positive than I did before I contacted GroceryAid. I am also experiencing far fewer negative thoughts which is allowing me to have the confidence to do things that I previously would have held back from doing!

Why would you encourage other colleagues to do the same?

I would encourage anyone who felt like I did to at least have a look on the website as there are so many options of help and I couldn't be happier with the help and support that I have received!

You can contact GroceryAid for help and support via their 24/7 Helpline on 08088 021 122 or on their website at www.groceryaid.org.uk