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One of our colleagues, who wishes to remain anonymous told us how Talk2Us, our peer-to-peer listening service and charity partner, GroceryAid have got them through a difficult time in their life.

Talk2Us

"Following a particularly challenging few months, I began to suffer with prolonged low mood, anxiety and depression. At the point where I hit rock bottom and felt unable to discuss it with family, friends, or colleagues, I was thankfully able to call the Talk2Us peer-to-peer support service. What I received was a sympathetic, non-judgmental response - a listening ear, and some good advice in relation to wellbeing, coping mechanisms and how to begin to approach and deal with the things that I was struggling with. Talk2Us has been invaluable to me and knowing that this service is available, should I need help and support in the future, is extremely comforting."

GroceryAid

"Life had become fairly desperate and I was at a point where my confidence was extremely low. I was overthinking regularly and catastrophising events. This finally resulted in a complete meltdown - I called the GroceryAid 24-hour helpline after accessing the contact number on the Greencore Intranet. To be able to offload my thoughts and talk to a trained counsellor at my time of need gave me the strength and encouragement to begin to make some important life changes. GroceryAid also provided me with access to the Woebot app. The app has helped me to be more mindful and positive but also suggests some useful techniques to help me get through any difficult periods; for example, breathing exercises and self-care activities. By also using the app to track my mood, I have been able to identify what may be triggering my distress, and more importantly, use the methods it has taught me to keep my anxiety under control."



You can contact Talk2Us on 01246 385290 or email Talk2Us@greencore.com Monday to Friday, 8.30am - 4.30pm or GroceryAid via their 24/7 Helpline on 08088 021 122 or on their website at www.groceryaid.org.uk

