



Becky's Inspire Story

Becky was referred to the Inspire Project to help support her through familial difficulties, including bereavement and disruption to the family home. At her initial assessment, she reported that because of this, she felt drained of energy and had little to no motivation to pursue her hobbies and interests. When asked what changes she would like to see through having counselling support, Becky stated that she wished to have more energy, more confidence and a clearer mind.

Becky began her counselling sessions in June 2023, and has really engaged with them. She has taken the opportunity to explore themes such as her identity and sense of self, her relationships with both family and friends, and has even done some work around her dreams and how they might be interpreted. She and her counsellor have also looked at creativity as an outlet and explored the possibility of journaling to keep track of how she is feeling. Becky has also used the space to talk about and explore her interests, and lamented that she didn't have these in common with her friend circle from school.

Becky's counselling sessions were put on hold over the summer holidays, and a big change was due after the break - Becky would be receiving her GCSE results and starting college. Upon resuming the sessions in September, Becky reported that although she did not quite get the exam results she had envisaged, she has enrolled on a course that she feels suits her, and is really settling into college life. She is now using her remaining sessions to work through the big changes that come with further education. While her family life hasn't changed much, Becky feels in a better place to manage through this, and has hopes that things will eventually get better. She has also made a new circle of friends at college who share similar interests to her, and as a result her feelings around friendships have improved significantly.

In addition to counselling sessions, Becky has also attended some of our Inspire activities, including a flower arranging workshop and one of our social groups. When asked how her experience has been with the Inspire Project, Becky said: "It's been a great experience. I really value being able to talk about my mental health without judgement."