

Your mental health matters

Available exclusively to Stonewater customers, this free service is here to help you look after your emotional wellbeing, with support tailored to you.

Free emotional wellbeing support

In partnership with the Kaleidoscope Plus Group (KPG), we offer tailored support for Stonewater customers aged 18 and over.

Money worries and emotional health challenges can leave you feeling overwhelmed. KPG is here for you. You can access 6 free one-to-one counselling sessions at your convenience.

We know it's difficult to know where to turn when you're struggling, so when you're ready, KPG's friendly team is here to listen and help you find support that works for you.

How can we help



KPG offer **6 free sessions** to talk through your feelings in a safe space.



Our sessions are tailored to you and what you need.



How can I access support from KPG?

Call: 0121 565 5605

Email: counselling@kaleidoscopeplus.org.uk

Visit: www.kaleidoscopeplus.org.uk

