



Press Release

For immediate release

Druglink launch affordable counselling service to help tackle mental health in the community

Local charity Druglink has today launched a new counselling service to serve the local community. Oxygen Breathe has been set up through funding from The Police and Crime Commissioner for Hertfordshire and Dacorum Borough Council to grow the counselling and related services they can offer.

With levels of mental ill health growing, there is more need than ever to provide accessible treatment services. Oxygen Breathe has been designed as a counselling service for everyone, even those who would otherwise struggle to pay for it. People in Hertfordshire who need help and can afford it, will be asked to pay the market-rate for a counselling session. Those who need help but cannot afford the market rate will be offered sessions at a pay-what-you-can-afford rate.

Wendy Nee, Director at Druglink said:

“Following an increase in the number of enquiries about counselling from the local community, Druglink decided to seek funding to provide this service. Breathe is open to any resident of Hertfordshire who may be seeking counselling. We have created an accessible-to-all model offering counselling on a pay what you can afford rate - this way we can help as many people as possible regardless of income. All of the money raised will be put back into the service in the hope we can open further Breathe hubs offering affordable counselling across the County.”

As a brand new service, help is readily available for those who need it. Oxygen Breathe counselling will be provided by Oxygen Recovery’s qualified counsellors, along with counselling students in their final year of study. Student counsellors are registered on a BACP recognised course and are supervised externally. The Breathe team will work with each client to ascertain which counselling modality will meet their needs.in order to provide a service that is most suited to the individual seeking help.

Oxygen Breathe is a confidential service that will aim to help anybody who gets in touch. Contact Oxygen Breathe on 07525 277 510 or at oxygenbreathe@druglink.ltd.uk.

End.



For further information, please contact:

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About Druglink

Druglink's pathway of prevention, recovery and reintegration makes a positive impact on the lives of those misusing drugs and alcohol, their families and their communities. Along each step of the pathway we provide a range of both proactive and responsive services. These include education, training, rehab and recovery, Diversion schemes in partnership with UK Police Forces, and work experience opportunities. We also run Coffee Ethic - our social enterprise - and all profits are re-invested back into the charity. Oxygen Breathe now joins Druglink's services to offer affordable counselling for the community.

Find out more at www.druglink.co.uk and www.oxygenrecovery.co.uk