

# Supporting BLCC Members Mental Health and Well-Being

Hello BLCC members 😊

We are Andrea and Gary, and we have been selected by **Blue Light Cycling Club** to support you in your mental health and well-being.

We are here to both support, and work with you. Videos will be uploaded for your viewing, which will consist of a positive and supportive approach. Please do engage with ourselves and let us help you in your journey of optimum health. If there is a subject or area you would like us to include then please email us and we will try to accommodate your requests.

Being part of the services community, you are educated and professional people who already know about anxiety, stress and depression. You are both trained in it and work with it daily. We are therefore not going to insult you by putting on boring webinars about these topics, and instead, aim to look at the smaller indicators that you might be struggling, and provide you with a toolkit of strategies that you can adopt and apply in a way that suits you, so that you can become your own therapist.

We will provide you with positivity and motivation so that you can enjoy all of the benefits that **Blue Light Cycling Club** provides you as a member, by looking at areas of the benefits of health and psychology in sport and exercise, goal setting and clearing headspace to name just a few.

We will be available for private therapy to support you with any issues that you may be facing. This is strictly confidential between yourself and us as therapists.

We are independent therapists who use Change Therapy and Transformational Therapy approaches concentrating on the presenting issue and how it is affecting you and your life now. Many techniques are content free, so you do not need to re-live or discuss any traumatic incidents or memories.

Please read on to find out about who we are:



# Andrea Haggerwood Therapy

BSc (Hons) Psychology, MBPsS, Dip CBH, Dip SMRB

Stress and anxiety are normal human experiences until they go beyond a healthy level which start impacting on your life and health negatively.

## What I can help with

I specialise in helping people to manage and improve their stress levels, their anxieties, and to adopt healthier lifestyle choices. I can help you make a positive and healthy change in your thoughts, feelings and actions so that you can start enjoying life again.

## How I can help

We will work together in therapy using scientific evidence based change therapeutic approaches (all integrated with Psychology).

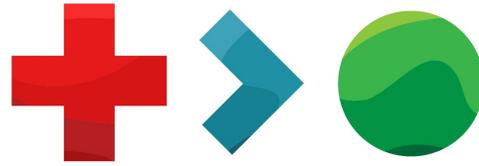
I have over 18 years' experience working in education tutoring and coaching.

## Who I can help

I work with adults and children from all walks of life to help them overcome challenges or issues to achieve and maintain healthy mental well-being.

- **Website:** [www.andreahaggerwoodtherapy.co.uk](http://www.andreahaggerwoodtherapy.co.uk)
- **Contact email:** [andreahaggerwoodtherapy@gmail.com](mailto:andreahaggerwoodtherapy@gmail.com)





A POSITIVE SHIFT

### *Bespoke trauma support for the Emergency Services*

Everyone's interpretation of an incident is unique and it is not the situation that defines us but our future reactions to it. Therefore, as an ex-Sussex and Suffolk Police Officer with over 15 years frontline service I am well placed to understand and relate to your experiences.

Trauma cannot be talked out of the body so I prefer to work with you 'content free.' This means there is no need to spend valuable therapy time talking about every detail of the incident, which can often re-traumatise you, instead we can spend more time clearing your trauma and reducing your anxiety.

I will reduce your intrusive thoughts, flashbacks and negative memories and give you the necessary tools and resources to make the shift you need to be you again.

The techniques I use are flexible and effective either face to face or online. This enables me to reach out, far and wide to support Emergency Service workers across the UK and beyond.

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