

## WELLBEING CALLS SERVICE

*"You're the only one that understands."*



### LOOKING FOR SUPPORT AFTER A BRAIN INJURY?

Living with a brain injury can be challenging, but you don't have to face it alone. Our call back service is here to provide support, understanding, and a listening ear for brain injury survivors.

We offer compassionate support tailored to your individual needs.

We understand the complexities of life after brain injury and we empathise with your experience

### HOW CAN WE HELP?

After initial assessment, the frequency of calls can be tailored to suit each individual. This could be weekly, fortnightly or monthly.

#### **Your privacy is our priority.**

All conversations are confidential, and our staff are trained to understand the challenges faced by those with brain injuries.

- **Emotional Support:** Our trained staff are ready to offer a compassionate ear, providing emotional support as you navigate life after a brain injury.
- **Information and Resources:** Access valuable information and resources related to brain injuries, rehabilitation, and community support.
- **Connection to Professionals:** We can help connect you with healthcare providers, therapists, and specialists who understand the unique needs of brain injury survivors.

### HOW IT WORKS:

1. Call us at 01825724323. We are available 5 days a week from 9am-4.30pm.
2. Leave a Message If you reach our voicemail, leave your name and number. We will call you back during operating hours.
3. Speak to a Supportive Listener Our trained staff will provide a listening ear, emotional support, and information tailored to your needs.

### GET IN TOUCH:

You're not alone in this journey.  
Reach out today for support.

## CONTACT US TODAY

[01825 724323](tel:01825724323)

[INFO@HEADWAYSUSSEX.ORG.UK](mailto:INFO@HEADWAYSUSSEX.ORG.UK)

