



Dear Supporter,

Announcing As You Are's fundraising "Black Dog" Sponsored Walk 2018

Can you help to make this year's sponsored Black Dog Walk our biggest and best yet? Winston Churchill referred to his depression as his **Black Dog**, hence the name of our event.

With many statutory services facing cuts, there is more demand than ever for our range of effective and affordable counselling services. Our **Black Dog Walk** aims to bring in funds, while raising awareness about mental ill-health.

This year we will provide an estimated 3,000 sessions and, with weekly fees starting from £8, we aim to be a truly accessible service. Thanks to our amazing team of counsellors and volunteers, we can offer one-to-one support with many of life's issues, including depression and anxiety.

People often come to us feeling overwhelmed. They may be experiencing difficult life events including bereavement, divorce, abuse, or just need someone to listen and understand them in a non-judgemental way. We also offer relationship and family therapy, and run a number of groups. The support provided by **As You Are** can be life changing.

Many of our counsellors have received additional training. This allows us to work effectively with issues such as bereavement, substance misuse, sexual violence and abuse, anger and trauma.

Where and when?

Date: Sunday 7 October 2018

Start: 10.30 am Carats Café,
Southwick to Peace Statue, Hove
Lawns.

Please sponsor one of our walkers or their canine companions.

Sponsorship forms can be accessed online. Dogs of all shapes, sizes and colours will be joining the walk.

Or to make a donation, please visit our website (see below) where you can sponsor one of our canine walkers.

If you are able to support us we would be extremely grateful, as would the growing number of people who rely on, and benefit from, the services we provide. We appreciate your support for the success of the campaign. We will be glad to answer any questions you may have about the event.

Very best wishes.

The As You Are Team

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