

## Listening Time 4U (LT4U)

Listening Time4U is Listen Well Scotland's 1:1 Listening service.

### We offer LT4U:

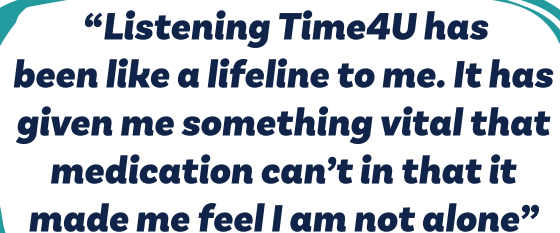
- **Virtually via Zoom**
- **By phone**
- **Face to face where possible**

LT4U offers a safe space where you have the opportunity and time to explore your concerns or worries in confidence with a Registered Listener.

Times of concern, anxiety and fear are a normal part of life yet often make us feel physically and/or mentally unwell.

### Perhaps you are experiencing:

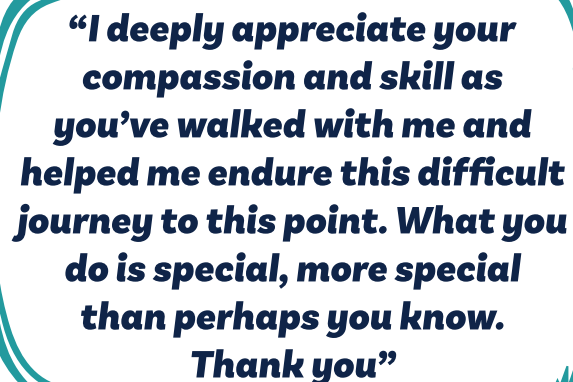
- Change and uncertainty
- Issues at work
- Relationship difficulties
- Carer responsibilities
- Long term illness
- Bereavement and Loss
- Stress and Anxiety
- Loss of confidence



***“Listening Time4U has been like a lifeline to me. It has given me something vital that medication can’t in that it made me feel I am not alone”***

The past 2 years of the pandemic have impacted on the wellbeing of most of us to a greater or lesser extent.

Medical treatment, however, may not always be necessary. Talking things over with someone who will listen well in the first instance is often more appropriate and helpful in understanding better our own feelings and so find ways to manage our own personal situation.



***“I deeply appreciate your compassion and skill as you’ve walked with me and helped me endure this difficult journey to this point. What you do is special, more special than perhaps you know. Thank you”***

April '22

## What you can expect from LT4U

**You WILL NOT be given any advice.**

**You WILL be given time to:**

- Talk over your concerns in a safe and confidential environment
- Express and explore your feelings in a non-judgmental atmosphere
- Experience respect for your story and you as an individual
- Find your own solutions
- Make your own decisions for the future and so build resilience

What you say to the Listener will be confidential unless it is outwith the law or the Listener is concerned for your safety or the safety of someone else. The Listener will then talk to you about who is the best person to speak with to keep you safe or for further advice.



**LT4U**  
Listening Time4U

## How can I access LT4U?

Your local group will have a named person, agreed with Listen Well Scotland, who can give you more information.

This person will also be able to give you a Request form for LT4U.

You will need to complete this form and return it to the named person. They will then contact Listen Well Scotland to arrange a suitable time for you to 'meet' with a Registered Listener.

All information you share on your form will be treated in the strictest confidence and kept in a secure place.

We are sorry that LT4U is not suitable for those with severe mental health problems.

For further information about the work of Listen Well Scotland you can find us on:

[www.listenwellscotland.org.uk](http://www.listenwellscotland.org.uk)

[www.twitter.com/ListenWellScot](https://www.twitter.com/ListenWellScot)

[www.instagram.com/listen\\_well\\_scotland](https://www.instagram.com/listen_well_scotland)

[www.facebook.com/listenwellscotland](https://www.facebook.com/listenwellscotland)

### We all have a need to:

- Be understood and understand
- Feel valued and respected
- Express feelings honestly
- Find meaning and purpose
- Build inner resilience
- Discover hope

***Listening Time4U can help  
meet your needs***

**It is important to remember that LT4U is not counselling or therapy but a service provided by Registered Listeners who are trained and supervised by Listen Well Scotland**

*Listen Well Scotland is a registered SCIO under Scottish  
Charity Number: SC044382*

April '22

  
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**Information Leaflet**