

## **1:1 COUNSELLING & THERAPY**

Interconnected UK ([www.http://interconnecteduk.org](http://interconnecteduk.org)) is a registered charity (reg. no. 1187605) with a remit to provide peer support; advocate for better protection, human rights, and to educate society towards understanding and acceptance for people with intersex traits/people with variations of sex characteristics.

To support ourselves and loved ones during this challenging time of the pandemic, we are pleased to offer a free, confidential therapy service with expert providers for those of you who want a bit of input to get you through. The initial offer is a block of 4 x hourly sessions. Depending on funding, we may be able to extend this input. We have negotiated the package with the following counsellors and psychologists:

- Julie Alderson
- Mana Barnett
- Matt Brown
- Sophie Campbell
- Jackie Hughes

If you already have a therapist and want help with the cost, we can offer you the same voucher for a block of 4 sessions with your preferred provider.

The steps are really easy. If interested, please email Magda Rakita [magda@interconnecteduk.org](mailto:magda@interconnecteduk.org) who will issue you with a voucher and the providers' contact details.

All your details will be treated with the utmost confidentiality.

This service is available only for people with intersex traits/ variations of sex characteristics and our families or caregivers; however, you can use those sessions to discuss any subject you may find helpful. We hope you make use of this input.



This project is funded thanks to Comic Relief's LGBTQ+ COVID-19 Recovery Fund, in partnership with METRO Charity and NAZ. Please be aware that we are not allowed to convert the voucher to money.