

# Extra help and support from Arthur Ellis during Coronavirus

In response to the Coronavirus, we have switched to **digital sessions**, added more services and have **discounted all of our services by 25%** and they can be made available weekly, fortnightly or monthly depending on what suits you.

As a non-profit organisation, we do ask for a contribution towards sessions which covers our staff and operational costs. Any profits we make, we reinvest into making support accessible for children and into other non-profits or charities that we work with.



**Arthur Ellis**  
Mental Health Support

[www.arthurellismhs.com](http://www.arthurellismhs.com)

NOW OFFERING DIGITAL SESSIONS

## Children & Young People (8-25)

Supporting anything that is having an impact on your child or young persons mental health and wellbeing, whatever they may be experiencing our Mentors can support to have a positive impact on their mood, behaviour, school or environment.



## Adults (25+)

Supporting you with your mental health and wellbeing, whether this is pre-existing or you are experiencing something new which is having an impact on your mood, behaviour, relationships, work or environment.



## Family/Couple Sessions

Getting the family together, facilitated on an online call with one of our expert Mentors to help the family understand, appreciate and move forward with feelings, emotions or situations that might be having an impact on their wellbeing.



## 70+/Vulnerable Groups

Easy to access digital groups for people aged 70+ to get together from the comfort of their own home, meet new people, fight isolation all while facilitated by an expert Mentor to support any concerns, worries and self-care.

