

ASK JAN MEMBERSHIP

What is included?

Ask Jan Membership includes **ALL** the following services:

- A 24-hour counselling helpline direct and immediate access to a BACP accredited counsellor
- Up to 8 face to face counselling sessions per issue with a BACP accredited counsellor
- Personal finance advice mortgages, pensions, insurance, debt and savings
- Nutrition, exercised, stress and wellbeing advice
- Specialist helplines including housing, legal and citizens advice 8am-8pm
- Access to an enhanced wellbeing app My Possible Self
- Cognitive behavioural therapy available online on via the App
- Discounts and special offers on days out and activities with The Max Card
- Access to all other Rees Foundation projects

You will also receive an e-birthday card each year!

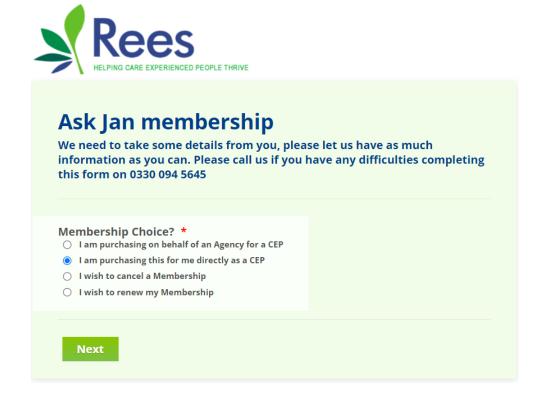
How to get started:

Visit: https://www.reesfoundation.org/ask-jan-membership.html

Select "Purchase a Membership"

You will be directed to a selection screen, please pick:

"I am purchasing this for me directed as a CEP"



You will be asked to enter your contact details, including name, date of birth, your address and an email address.

You do **NOT** have to pay for this service as a Care Experienced Young Person from Wolverhampton.

You will receive a copy of your membership reference to use to log onto Ask Jan.

If you experience any problems please call: 0330 094 5645