



'Making a Mark'

Mark Holder Social Impact Declaration

MTCIC

MTCIC provides services to people in East Anglia needing low cost psychological therapies to improve their mental well-being.

We provide a range of services; from low cost counselling services and mental health psychological therapies for individuals and groups, to personal development, treatment, lectures, workshops and training on a wide range of conditions.

We also provide opportunities for therapists to achieve professional accreditation.



To fund these services, we offer a wide range of services to the private, public, and voluntary sector; from commercial mental health consultancy to **Acorn**, our low cost counselling service.

The Social Enterprise Mark criteria includes a requirement for all applicants and renewing Mark Holders to provide 'social impact statements', which illustrate how they are striving to meet their social/environmental objectives.

Below are examples of how **MTCIC** is Making a Mark, striving to create a positive impact on people and planet.

Social inputs – providing mental health support

In 2016, we have provided mental health support and consultancy to a wide range of people and organisations.

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We have also aided 20 volunteers to gain experience to work towards their professional accreditation as Therapists.

Social outputs – key measures of support provided



Our low cost counselling service, Acorn, has seen **212** new clients register for a service, delivering **1,350** sessions of counselling.

Of these, over **1,000** were offered free to people on low income, funded from MTCIC profits and grants being reinvested into achieving our social aims.

Social outcomes – benefits for service users and volunteers

There are two main communities that benefit from MTCIC; service users and volunteer counsellors.

The service users received the equivalent of **£18K** of free sessions. These sessions enabled them to move to a more positive place in their lives. Increasing their feeling of wellbeing and reducing mental distress.

Our volunteers also benefited from the experience of working with these clients. To build their client hours needed for professional accreditation. We provided more than **£10K** in volunteer expenses, free training and supervision. This enabled 4 volunteers to gain their degree in Counselling Studies.

