



MTCIC
Rooted in providing mental health expertise



THE SOCIAL ENTERPRISE MARK
TRADING FOR PEOPLE AND PLANET

'Making a Mark'

Mark Holder Social Impact Declaration

MTCIC

MTCIC is a social enterprise with an interest in mental health and wellbeing. We provide 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.

Providing mental health support and consultancy

We have offered our services to an increasingly wide range of organisations and individuals over the last year. Our customer base has increased by 234 this year and we have continued to provide services to the NHS via the partnership that delivers Wellbeing services in Suffolk and Norfolk.

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Profits from our commercial services have supported our Acorn Counselling service; a low or no cost counselling for the people of East Anglia.

We have had a record number of volunteers, some 20+ working with us. They have delivered face to face, telephone and online chat support to a wide range of individuals who find themselves in emotional distress.

We also entered into a partnership with Family Carers Net to increase our online capacity and to build our knowledge of how we can develop in this area, especially with young people.

Key measures of support provided

Over **243** people have had access to low or no cost therapy. We have achieved a recovery rate of over 53%, as measured by national tools for depression and anxiety. This is compared to the national target is 50%. 80% have reported an improvement in their overall wellbeing.

20 volunteers have gained 2,000+ clinical hours towards their accreditation to become an accredited therapist.



Creating added value for service users

Our added value is that our intervention with our clients has a knock-on effect to all the relationships that person has.

If their mental health and wellbeing is improved they are more able to have positive relationships with family and friends. Improve their employment opportunities and to make positive impact on their local community.

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