

# Take part in research

**We need people to take part in research about any difficulties you've had using free or low cost talking therapies in Gloucestershire**



Talking therapies are when you talk with a counsellor about things that are worrying you.

## Who can take part?

Anyone who is over 18, and is disabled. This includes learning disability, long term health conditions, chronic illnesses, autism, sensory impairments.

You need to live in Gloucestershire and have used talking therapies in the last 5 years.



## What will I have to do?

Meet us in person, online or on the phone to talk about using talking therapies.



## Why should I take part?

This research will help us know how talking therapies can be better for disabled people. You will get a £25 voucher for taking part.



**If you are interested please contact us:**



phone: 07517994765



email: [research@inclusion-glos.org](mailto:research@inclusion-glos.org)