

I think the assessment helped me loads because I'm not very good with my words. Before the assessment I had to tell loads of different people the same story over and over again and as it is quite a big story it was really hard for me to get it all out. Once I had told Steff and she put it all into the assessment for me it was really easy to just give somebody the assessment and say like read this and then it would explain everything and I didn't need to say anything. They would know everything they needed. Steff personalised every single session that we had so the assessment wasn't like you got in and it was smiley faces and everything like that, you had to write down what you felt. We did it over a period of time which was good as some days I feel better than others and she got to know really me - which I think is really important because it wasn't like you were just assigning me to a box, this made me feel it was easier to be open because I didn't feel any pressure to do the assessment. Our sessions were probably the most helpful thing I've ever had as she just made me feel normal. It means so much to have the help she gave me.