

EVERYONE STUMBLES SOMETIMES...



**WE'RE THERE SO
THEY DON'T FALL**



PROJECT

LILY

GUIDANCE. DIRECTION. SUPPORT

Everyone Stumbles Sometimes... We're There So They Don't Fall.

Project Lily knows that there are times in life when everyone stumbles. Times when things are challenging for a whole range of different reasons. Many individuals seem to be functioning normally on the outside, whilst inside they can be falling apart. When this happens, our team is there to listen and provide life-changing guidance, direction and support.



- Young Jewish adults are often affected by a huge range of emotional health and stress-related issues. These may include relationship problems, career difficulties, anxiety, illness, disability, bereavement, depression, eating disorders and even thoughts of suicide.
- Project Lily is there to provide early intervention for maximum effect. By being there for individuals when they begin to 'stumble', Lily can prevent a much more serious 'fall'.
- Our focus is on addressing the many mild to moderate situations that left unchecked can become much more serious. Although our focus is not centred on acute, recurring or chronic conditions, upon encountering them we will provide the very best referral and advice.

Our Unique Approach

Project Lily does not take referrals from individuals, rather, we work with Partners. These Partners are organisations whose staff we train to identify and respond to potential mental health issues of people they come in to contact with in the course of their work. We provide ongoing support to our Partners remaining non-judgemental and confidential at all times. Our unique early intervention and fast-track support system is based on a two-tier approach: **'Lily Light'** and **'Lily Extra'**:

Lily Light

Lily Light provides low intensity interventions through a well-trained support team who are able to identify potential mental health issues before they escalate. They listen to every individual and relate to them in a warm way, avoiding the cold and clinical approach of some providers.

Lisa Radford

*Project Lily's Operations &
Development Director*


"The importance of correctly dealing with emotional health issues is increasingly being recognised both within and outside of the workplace. For UK businesses, absenteeism due to emotional health challenges is a multi-billion pound issue."

Lily Extra

If there may be the need for a higher intensity intervention, Project Lily's in-house Clinical Director is able to assess individuals and either Refer them to our extensive network of counsellors, therapists and psychologists or Signpost them to pre-existing therapeutic organisations. Our dedicated support team follows up on the progress of every client to ensure a successful outcome. Project Lily's Clinical Director keeps the Lily team up to date with current legislation and procedures through a regular and comprehensive CPD training programme.

A Jewish Community Framework

Project Lily's success is rooted in its Jewish Community framework which provides a one-stop, non-judgemental service where individuals receive culturally sensitive guidance, direction and support.



“There is plentiful evidence that people who identify strongly with a particular set of cultural experiences often do choose to consult therapists who share these experiences... and this is associated with better outcomes.”

Prof. John McLeod
*Professor Emeritus of Counselling,
University of Dundee (2000, An
Introduction to Counselling. OU Press)*

What people say about Project Lily

“ I'd like to thank Project Lily for sponsoring my husband and me to have sessions with a marriage therapist. We saw him together as well as individually and through Lily we have been able to overcome a lot of problems... If we had not had the opportunity to use the Lily facility at such an early stage I do wonder if we would still be married. ”

Anonymous

“ In a world of cold long waiting lists it's amazing to be able to offer troubled young people a fast track opportunity to the care they need. Lily is making a meaningful and essential contribution and we at JLE are proud to be associated with such a unique organisation. ”

Rabbi Danny Kirsch,

Jewish Learning Exchange

“ I wanted to really take this opportunity to thank Project Lily for your kindness and generosity. As a result of your help I was able to gain so much support after everything that happened. Your help gives hope to all those that need it. ”

Anonymous

We Need Your Help

So far, we have helped hundreds of young Jewish adults to overcome significant challenges and positively move forward with their lives.

However, the work of Project Lily is only possible through the generous support of our donors. Our work is crucial for the emotional well-being of young adults in our community.

Please Support Us

You can donate to Project Lily quickly and easily:

Visit www.justgiving.com/project-lily and click the Donate button
or

Send a **cheque or charity voucher payable to Project Lily** to:
Project Lily, 52 Portland Place, London W1B 1NH

If you'd like to discuss your support, please contact
Lisa Radford at lisa@projectlily.org.uk

Thank you.





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Honorary Patron: Lady Elaine Sacks



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