



# CLEAR

for business

[business@clearsupport.net](mailto:business@clearsupport.net)  
01872 261147

## **Workplace Training**

- Mental Health First Aid
- L3 Safeguarding
- Understanding Mental Health
- Connect 5 (5 Ways to Wellbeing)
- Tailored workshops supporting wellbeing and attendance

## **1-2-1 Confidential Counselling**

## **Critical Incident Support**

## **Resources and Policy Development**

## **Trauma-Informed Workplace**

# CLEAR

Emotional Trauma & Therapy Specialists

Registered Charity  
Number 1165574

## About CLEAR

CLEAR is a Cornish charity with a mission to help children, young people and adults to heal from abuse, violence and other emotional trauma. We also help to prevent abuse and reduce its occurrence through professional training, school and workplace support. We are a member of the British Association of Counselling and Psychotherapy and work to their Ethical Framework.

In the year ending March 2022, we supported over 800 children and adults across Cornwall through 1-2-1 therapy and counselling. At any one time have around 130 people waiting for support. Demand for our services continually outstrips the charitable funding we have available to deliver them. **Any surplus made through CLEAR for Business will be reinvested to directly support more children and adults in Cornwall who have experienced abuse.**

There are other ways to support CLEAR through staff volunteering and skills-shares as well as supporting our #onaCLEARday fundraising campaign. Please get in touch to find out more.

You can also:

- visit <https://clearsupport.net/donate>
- Shop in our **Depop**, **Vinted** and **Ebay** online stores
- Support us through **Amazon Smile**
- Follow us on Twitter, Facebook and Instagram:  
**@ClearCornwall**

