

YOUR SUPPORT PROVIDES HOPE & HEALING

At this mid-point of 2025, we sincerely give you thanks for supporting The Light House: "To see a world where people are emotionally, psychologically, and spiritually well, and are enabled and supported to reach their full potential."

Every contribution, financial, spiritual, or practical, ensures quality and professional counselling is accessible to those in need. You're not just supporting a service; you're part of a faith-filled movement bringing light to dark places.

OUR CLIENTS' REALITY IN 2025



Our top five presenting

issues are.		
• • • • • • • • • • • • • • • • • • •	Anxiety and stress	64%
	Interpersonal and relationship issues	63%
	Trauma or abuse	48%
2	Depression	40%
	Low self-esteem	26%



of our clients had seriously considered suicide before coming to Light House a rise from last year.

We're also seeing an increase in the average number of concerns individuals bring to us.





GROWING NEED AND FINANCIAL **PRESSURES**

This year, 80% of our clients told us they receive no support from other services, with financial hardship a major barrier. Only 18% can contribute the full cost of counselling. Your generosity makes our support fund and bursaries possible. Nearly half of our clients earn under £20,000 a year and 29% less than £10,000. This financial gap is real. And your partnership with Light House helps bridge it, turning isolation into hope.









97% said they received the help that mattered to them



95% felt stronger emotionally



94% felt more able to function independently



95% reported improved confidence and self-esteem



85% (of those unemployed) now feel more able to consider seeking employment



95% saw improvements in their



relationship with their partner



97% saw improvements in their relationship with their children





LET US NOT GROW WEARY IN DOING GOOD, FOR AT THE PROPER TIME WE WILL REAP A HARVEST IF WE DO NOT GIVE UP."

— GALATIANS 6:9



