

# F.A.S.T

## Finding A Solution Together

Do you have a specific problem that you are struggling to resolve? Do you have a culmination of problems and feel you need help breaking them down? Do you have no idea where to start with a problem you are experiencing?

Topaz Wellbeing Centre is launching a new finding a solution service. This is not counselling and as it says on the label an opportunity to work finding solutions to your problem/s. You will be assigned a specific worker for up to eight weeks. This worker will help you pinpoint your problem(s) and explore with you options in dealing with these. Your worker will also aim in teaching you the skills to become your own problem solver when encountering any future problems.

The worker will not tell you what to do but will work with you in finding your own solutions. It will not involve talking about past or painful issues and will purely focused on building an action plan and goal setting for resolution. If you feel you would benefit from this service and are over 16 living in the Tameside and Glossop area you can call ask to see one of our problem solving workers. Appointments will be available from the end of January 2010

Please note as this is a new service we will be initially running this as a Pilot. Therefore, if you use this service your honest feedback will be very much appreciated. In addition as this is a pilot these appointments will initially only be available on Thursday with a view to these being available all week once up and running.

**Contact TOPAZ for more information**



For better  
mental health



Topaz Well Being Centre  
216-218 Katherine Street,  
Ashton-under-Lyne, OL6 7AS  
0161 330 9223  
[www.topaz-ashton.org](http://www.topaz-ashton.org)