



Who is Changing Faces?

Changing Faces is the UK leading charity for everyone who has a disfigurement or a scar, mark or condition on their face or body which affects their mental wellbeing.

We provide free support for adults, young people and children whose emotional, psychological wellbeing, or quality of life has been affected by having a visible difference or disfigurement.

Who we support

We support anyone who is experiencing appearance-related distress. The size, severity or visibility of the disfigurement is not important, as we know that it is not necessarily an indicator of the impact it has on how someone may feel.

Our wellbeing support services are aimed at people experiencing mild-to-moderate difficulties with their mental health or emotional wellbeing due to their condition.

We are unable to support people with complex mental health issues e.g severe trauma, body dysmorphic disorder, those in crisis, or at high risk of self-harm or suicidal behaviours.

Our team

Our wellbeing team is made up of fully trained professionals from a variety of relevant backgrounds such as counselling, psychology, nursing, social work, and helpline support.

Our one-to-one practitioners engage in clinical supervision and the whole team are committed to reflective practice and continuous professional development.

Support & Information Line

The Support and Information Line is a triage service where professionals can refer patients. Patients can also call to share feelings and talk through their situation in a confidential space.

One-to-one support sessions

One-to-one counselling or coaching sessions offer an in-depth chance to reflect on the emotions, difficulties and challenges a client might have. Our practitioners use a range of approaches from humanistic and integrative counselling, CBT-based skills, coaching, and social skills training.

Our **CYP service** provides child-parent sessions, or work alongside schools (where consent is given) to improve the wellbeing of children and young people in educational settings.

Skin Camouflage Service

Our Skin Camouflage Service provides practical support and advice on the use of long-lasting camouflage products by trained practitioners. It is open to anyone aged over 5 years (but under 16s must be accompanied by an adult). Currently available across England and Scotland - see website for details.

Peer support programme

Peer Group Chat is an 8 week online programme for over 18s, where people can meet in a small group (6-8 people), facilitated by our Peer & Support Practitioner.

Workshops for children, young people and their families

We have a programme of virtual workshops aimed at different audiences - children, teens, parents, and the whole family.

Workshops include tips & techniques to help with teasing bullying, social anxiety, social isolation, confidence & self-esteem. Workshops are facilitated by the CYP practitioner team.

Self-help guides

Our website has many patient self-help guides for adults, and children & families. The guides cover topics such as confidence and self-esteem, mental health and wellbeing, relationships and social life, managing at work, and coping with people's reactions.

Online Community forum

Our Online Community is an international online chat forum where people can connect with others.

To refer patients

 Call **0300 012 0275** 10am – 4pm, Monday to Friday

 [Wellbeing service](#)

 [Skin Camouflage Service](#)

 To join our [health professional mailing list](#)

www.changingfaces.org.uk

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