



ASK JAN MEMBERSHIP

What is included?

Ask Jan Membership includes **ALL** the following services:

- A 24-hour counselling helpline – direct and immediate access to a BACP accredited counsellor
- Up to 8 face to face counselling sessions per issue with a BACP accredited counsellor
- Personal finance advice – mortgages, pensions, insurance, debt and savings
- Nutrition, exercised, stress and wellbeing advice
- Specialist helplines including housing, legal and citizens advice 8am-8pm
- Access to an enhanced wellbeing app My Possible Self
- Cognitive behavioural therapy – available online on via the App
- Discounts and special offers on days out and activities with The Max Card
- Access to all other Rees Foundation projects

You will also receive an e-birthday card each year!

How to get started:

Visit: <https://www.reesfoundation.org/ask-jan-membership.html>

Select “ Purchase a Membership”

You will be directed to a selection screen, please pick :

“I am purchasing this for me directed as a CEP”



Ask Jan membership

We need to take some details from you, please let us have as much information as you can. Please call us if you have any difficulties completing this form on 0330 094 5645

Membership Choice? *

- I am purchasing on behalf of an Agency for a CEP
- I am purchasing this for me directly as a CEP
- I wish to cancel a Membership
- I wish to renew my Membership

Next

You will be asked to enter your contact details, including name, date of birth, your address and an email address.

You do **NOT** have to pay for this service as a Care Experienced Young Person from Wolverhampton.

You will receive a copy of your membership reference to use to log onto Ask Jan.

If you experience any problems please call : 0330 094 5645