



Impact Report 2025

How we have been supporting women's
mental health during their most
challenging life transitions

www.releaseforwomen.org.uk
info@releaseforwomen.org.uk
UK registered charity (No. 1192772)

About us

Release Counselling and Therapy for Women supports the mental health of women during key life transitions when they are at the highest risk of suicide.

From becoming a teenager, a parent or during perimenopause, we provide specialist counselling, therapeutic groups, coaching, and training.

Aims & Outcomes

- Increase Confidence
- Reduce Stress
- Improve emotional stability
- Reduce isolation and loneliness
- Improve family relationships





In 2025, Release for Women, delivered specialist, counsellor-led therapeutic support to over 400 families across Sussex.

Unlike standard peer-support, our clinically-governed Mother Nurture, Second Nature, and NICU Nurture groups successfully stabilised women facing complex needs like PTSD and birth trauma. We also scaled our impact by launching Meno Nurture—a therapeutic response to the UK’s midlife suicide crisis—with four further cohorts planned for 2026.

Our results are not just immediate; they are enduring. Six months after support ended, 98% of participants maintained improved emotional stability and increased confidence.

99%

SAID THEY FELT LESS
OVERWHELMED

99%

SAID THEY FELT LESS LONELY
AND SOCIALLY ISOLATED

100%

WOULD RECOMMEND US TO
PEERS

97%

SAID THEIR
EMOTIONAL
STABILITY HAD
IMPROVED

97%

SAID THEIR CONFIDENCE
IN NAVIGATING
PARENTHOOD OR
MENOPAUSE HAD
IMPROVED



“Before the group, I was feeling isolated”

Lucy* was feeling isolated before the group and was struggling to leave the house with her baby. After the group, her mental health and confidence as a mum improved. Six months later, she has continued to see these improvements and is planning on returning to work soon.



“Before the group, I was feeling isolated and alone in my feelings and heading for burnout. My baby didn’t sleep well and had colic and cried a lot when we went out. So, it was quite triggering to leave the house.

My confidence has grown

“Going to the group each week helped build my confidence to go out, as I knew I wouldn’t be judged in the group. My emotional stability improved after the course, and that has remained a few months on. The course improved my confidence as a mum a lot, especially hearing from other mums their experiences and knowing I’m not going through this alone.

“I went to an antenatal group before and was feeling really lonely in that group as I felt I was the only one who found it hard, as it was not a culture of being honest, so I kept everything held in in that group.

“I liked the structure of each week’s helpful topics, and I also shared them with my partner, which helped him. Since the group ended, it’s helped my parenting skills in lots of ways. It helped me become more confident and more socially connected. Now I get time to restore, so I’m present for my baby, and we have a really strong bond.”

From finding a lifeline to launching the Zesty Bowl: my journey with Release

Pip's story



“Four years ago, becoming a mum left me struggling with my identity.

Finding Release’s 'Mother Nurture' group was the lifeline I didn't know I needed. I returned for 'Second Nature' with my second child, so grateful for the ongoing support.

“I always wanted to give back, but I never expected Release to launch my career. At a Wellbeing Day this summer, a 15-minute coaching session broke down my fears about starting a food business.

“This year, I came full circle—catering the latest event with my new venture, The Zesty Bowl. Release is special; join us.”

Follow my journey: [@TheZesty.Bowl](https://www.instagram.com/TheZesty.Bowl)

Growing our online therapeutic services

We expanded our specialist clinical team by over 300% to provide more low-cost, accessible online therapy to young women and adults. To provide a truly holistic recovery model, we also launched a multidisciplinary suite of services, including expert coaching and nutritionist support.



"I would like to say, without exaggeration, that my sessions with my counsellor saved me."

Thank you to everyone who supports us through funding, donations and volunteering

Holland & Barrett

WELLBEING OF WOMEN
Women's health community fund

