



**Supporting**  
RICS professionals  
and their families

## As the only charity set up to help RICS professionals, LionHeart can offer personal, flexible support to help you and your family overcome life's unexpected challenges.

Sometimes it can be hard to know where to turn when things get tough. But the friendly and expert staff at LionHeart can be with you at every stage of your RICS career, from APC through to retirement, to give you the advice that matters and support that counts no matter what the problem.

We tailor our support to each person that calls for help, because we understand that you're an individual and everyone has different needs.

This holistic support might range from advice and advocacy from our support officers, free professional counselling, or financial help in certain situations. We also offer coaching and access to a free legal helpline.

The vast majority of the people we help are facing a temporary blip in an otherwise smooth and trouble-free life. What our staff do is step in to ensure that blip doesn't turn into something more permanent.



## Here are some of the ways in which we help:



Access to professional counselling



Debt advice



Support following bereavement



Financial grants in certain circumstances



Advice on legal, business or employment issues



Back to work help after unemployment or redundancy



Support through ill-health or disability



Help with mental health, stress or anxiety



I can honestly say that I don't think I would be here today if not for my LionHeart counsellor



Free one-to-one coaching



Early career support



Support for your family



Webinars to support your wellbeing, career and personal development

LionHeart supports anyone who is or has ever been a member of the RICS, from APC candidates or apprentices right through to retirement and beyond. We can support some final year surveying students too as they take their first steps towards the profession.

We also help partners, spouses and dependants – so make sure you tell your loved ones about us too.

LionHeart supports RICS professionals all over the world. All our services are free and confidential.



There really aren't words to convey the difference LionHeart's support has made to us. But the financial aid alone has meant that we haven't lost our house, after my husband suffered a mental breakdown and lost his job.



[www.lionheart.org.uk](http://www.lionheart.org.uk)

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LionHeart is a charity registered in England No. 261245.