



Angela Bell

Scottish Fire & Rescue

“For the first time in a long time, I felt a sense of hope, like maybe life wasn't so bad after all”



Having previously worked in mental health, Angela Bell knows it can affect anyone at any time. But she never thought it would catch up with her... until it did. When her partner, an Ayr station manager, suggested she might benefit from the Charity, she felt nervous: “I didn’t want to be away from home with people I didn’t know, or to have to talk about what had been going on. I had no idea I would meet people who would restore my faith in humanity.”

Within a few hours of arriving at Harcombe House, she had made friends she says she'll have for life: “Staff said they'd never seen a group bond so well or so quickly,” she says. “We'd open up to each other without any pressure. It brings tears to my eyes thinking about them because they are so special to me. We were there with a common bond and absolutely looked after each other.”

Angela had trepidation about her psychological sessions. But she need not have worried: “Kim was so easy going and non-judgemental. She said the right things and allowed me to speak and explore without even realising I was doing so.”

By the time it came to saying goodbye, Angela says she felt strong again. But more importantly, she felt happy: “I hadn’t used that word in a long time; I’d always tried to be positive when things were going wrong, but I realised positivity and happiness are two different things. We can be positive and try to make the best of a bad situation, but I had begun to feel genuine happiness again. For the first time in a long time, I felt a sense of hope, like maybe life wasn’t so bad after all.”

“I want people to know how special a place Harcombe House is and not to worry about going without knowing anyone. I had lost my faith in humanity, but here I was with this group of strangers who took me under their wing and made me feel worthy again.”

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