

What does it cost?

The service is free to you as we receive funding from the local health services. The funding we receive is to provide a contracted number of sessions only, and we always have more demand than we can cope with, which is why we have a waiting list.

Therefore, we are always pleased to receive donations from people using our service. Please ask if you wish to donate or simply text MIND00 £5 to 70070 to donate to North Staffs Mind and make a difference today. JustTextGiving by Vodafone.

*To donate more than £5 simply change the amount in the text e.g. £10, £20 etc. Donations will be added to your monthly bill or come out of your credit.



We're Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

bacp | Accredited Service

North Staffs Mind
83 Marsh Street
Hanley
Stoke-on-Trent
ST1 5HN

T 01782 252100
F 01782 252212

www.nsmind.org.uk



North Staffs

Adult Counselling Services



We won't give up until everyone experiencing a mental health problem in North Staffordshire gets both support and respect



North Staffs

How can counselling help me?

We believe that mental distress is often a result of difficult events and situations. We all struggle at times, but sometimes the struggle becomes too much and we can become overwhelmed with stress, anxiety, depression and more.

Counselling involves sitting with a counsellor to discuss your situation in a safe and supportive environment. Counselling provides a therapeutic relationship between a client and a counsellor, a relationship that is both professional and has a purpose.

In aiming to help you to understand what might be going on in your life, we are hoping that you will be able to make new choices; changes that improve your life.

How do we work?

Finding a counsellor that is right for you is a very personal decision. We believe that positive therapeutic outcomes are primarily built upon the quality of relationship between therapist and client so it is important that you feel like you can have a good working relationship with your counsellor. If you feel that the counsellor you first see is not right for you then please let us know and we will offer you the opportunity to work with another counsellor as soon as we can.

It is perfectly normal not to know exactly what it is you'd like to get from your counselling at the start. If this is the case for you then we will simply begin with whatever has brought you here right now at this moment and build from there.

Typically, we work weekly with clients for a limited number of sessions. Counselling sessions last for 50 minutes.

If you would like to know more about the Adult Counselling Service or to arrange to see a counsellor please call us on 01782 262100



What you can expect to find:

- Empathy
- A non-judgemental environment
- A safe space
- Understanding
- A warm and genuine approach
- Confidentiality within certain limitations
- Acceptance of who you are

Areas of Counselling

- Depression
- Self-esteem
- Stress and anxiety
- Grief and illness
- Physical and mental health conditions
- Relationships
- Trauma and abuse
- And anything else you may wish to talk about

What counselling is not:

Counselling is not a service where you'll be told what to do. There are no prescribed solutions, as you would have with the doctor. Supporting your choice to make your own decisions involves helping you to realise that you have the answers within yourself.

A counsellor is there to support you on life's journey, no matter how scary or straight forward, familiar or strange or difficult life seems at times. Your counsellor will support you to explore and understand how you can best deal with your difficulties and challenges. Whether your journey is long or short, is done in one go or in stages, the journey is completed when you reach a safe enough place to stop.