

FREE CARERS' COUNSELLING SERVICE



Are you providing unpaid support for family or friends who could not manage without your help? Are you caring for a relative, partner or friend who is ill, elderly, disabled or has mental health or substance misuse problems?

HOW CAN COUNSELLING HELP?

As a carer you may face a number of difficulties which are hard to deal with emotionally and which cause you distress. Counselling can provide you with an opportunity to talk about these emotional difficulties with someone who is trained to listen. It can help you to understand what you are experiencing and to see the difficulty in a more manageable way.

If you are a carer, 18 and over and live, work or are educated in the borough of Croydon, or if the person you care for is 18 or over, lives, works, or is educated in the borough of Croydon then you are eligible to apply for Carers Counselling at Mind in Croydon.

The Carers Counselling Service offers up to 6 sessions.
Each session is FREE of charge.

Please telephone **020 8763 2054** and give your name and address. You will be sent further information on the **FREE Carers Counselling Service**, how it works and what you can expect from it, and a short questionnaire to complete and return.

We endeavour to send an assessment appointment to you as soon as possible upon receipt of the completed questionnaire. This session will provide you with an opportunity to talk about your needs and difficulties.

If you would benefit from counselling, we will arrange for you to see a counsellor for up to 6 sessions. There may be a waiting list. How long you have to wait will depend on your needs and availability.

If you would like to speak to a counsellor you can do so by calling the number below Monday to Friday 9am to 5pm.

ABOUT US

The Mind in Croydon Counselling Service is an accredited service of the British Association for Counselling & Psychotherapy and all counsellors adhere to the BACP Ethical Framework for Good Practice in Counselling & Psychotherapy.

The Counselling Service aims to promote good mental health by providing a high quality, professional service in a confidential and safe setting.

We are committed to promoting and achieving equal opportunities. We welcome everyone regardless of gender, sexuality, colour, ethnic origin, religion, age, race or disability.



HOW TO CONTACT US

Telephone: 020 8763 2054

Email: counselling@mindincroydon.org.uk

Address: 26 Pampisford Road, Purley, CR8 2NE

Website: www.mindincroydon.org.uk

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