

# FREE CARERS COUNSELLING SERVICE



## 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.

## WHO IS ELIGIBLE?

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 issues?

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 lives, works, or is educated in the Borough of Croydon then you are eligible to apply for free Carers Counselling at Mind in Croydon.

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

## HOW TO APPLY

Please email [counselling@mindincroydon.org.uk](mailto:counselling@mindincroydon.org.uk) or phone 020 8763 2064 (or leave a voice-message) and say you wish to apply for Carers Counselling. Please also provide your name, phone number and email address and then we will email or post a registration form for you to complete and return. You will then be invited to an assessment in due course.

We endeavour to book an assessment appointment for 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.

## ABOUT US

The Mind in Croydon Counselling Service is an accredited service of the British Association for Counselling and Psychotherapy and all Counsellors adhere to the Ethical Framework for the Counselling Professions.

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 2064

Email: [counselling@mindincroydon.org.uk](mailto:counselling@mindincroydon.org.uk)

Address: Mind in Croydon, 26 Pampisford Road, Purley, CR8 2NE

Website: [www.mindincroydon.org.uk/carers](http://www.mindincroydon.org.uk/carers)

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