



**Buses to Washington Village
leave from the Galleries and Concord**



**For better
mental health**

Our services are developed on an ongoing basis and we can supply you with the current Activity Schedule on request. If you require more information please contact us at:

Village Lane, Washington Village NE38 7HS
T/F: 0191 4178043 • Text: 07807395561
E: washingtonmind@btconnect.com
www.washingtonmind.org.uk



**For better
mental health**

**‘Washington Mind
exists to enhance the
quality of life for people
experiencing mental ill
health by working in
partnership with them
in creative and
innovative ways’**

Washington Mind is a registered
charity and relies on donations to
continue its work.

Please help if you can.

Registered Charity: 515037

**A choice of
services to help
improve your
mental wellbeing...**

How can you access our services?

All services are free for people who are aged 16 and over, living in the City of Sunderland and are experiencing mental ill health /emotional distress. You can refer yourself or a family member, carer or professional can contact us on your behalf.

What is an Assessment?

An initial face to face appointment with trained staff to enable the person to identify their own needs whilst being introduced to how Washington Mind works and what we can provide. You will discuss in

confidence the appropriateness of the services available here and elsewhere.

What is Independent Advocacy?

Advocacy means being supported in getting your voice heard and your needs known. At times people feel vulnerable and need support in getting their voice heard or they may wish to talk things through with an advocate before making their decision.

A copy of our Community Independent Advocacy leaflet is available on request.

What is Counselling?

Counselling provides a regular time and space for people to talk about their issues and explore difficult feelings in a confidential, dependable environment. A counsellor should respect your viewpoint, while helping you deal with specific concerns, cope with crisis, improve your relationships, or develop better ways of living.

Counsellors do not give advice but they will help you to gain an understanding of your feelings, your behaviour and how to change that behaviour if necessary. They do this by listening to what you have to say and commenting on it from their particular perspective.

The word counselling covers a broad spectrum, from someone who is highly trained to someone who uses counselling skills (listening, reflecting back what you say, or clarifying) as part of another role such as nursing. We use the term here to mean a talking therapy delivered by a trained professional. Sessions will be agreed between the person and the counsellor.

What is Therapeutic Group Work?

Group work provides an opportunity to meet with other people who are in a similar situation. Attending the group can assist in breaking down feelings of isolation and, at the same time, show how other people have coped. Finding that you can support others may also help you too.

We provide a range of different groups; some are facilitated by therapists and are for specific issues e.g. anxiety, depression, bereavement, antenatal and post natal support. Others are self-help groups for those who want to share experiences of a particular problem with others who have had similar experiences.

Alternative groups enable members to gain the therapeutic value of creative work including arts and crafts, jewellery making and reel therapy. Healthy lifestyles are promoted through primary care health sessions and exercise; ecotherapy, walking, chair yoga, tai chi, and exercising the brain!

What are Holistic Therapies?

Holistic therapies aim to treat the whole person, not focusing on one single symptom that a person may present with. There are many holistic therapies now available and in certain circumstances can be of benefit when used alongside conventional medicine. Some of the treatments are:

- Clinical Aromatherapy
- Indian Head Massage
- Reiki
- Life Coaching
- Relaxation
- Clinical Hypnotherapy

What is a Drop-in?

A drop in is a place where anyone can come along without an appointment to a safe, warm, non-judgemental environment. It can be a place to talk, to laugh but also a place to obtain practical help and information. You will find an element of give and take and sharing, in a mutually supportive environment.

People can learn and share from the experience of others, exchange ideas and broaden social contacts.

Information is available and support workers are on hand for any individual one to one support.