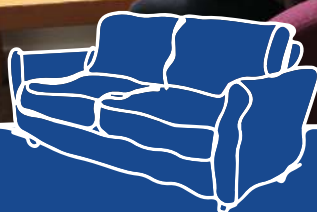


# Counselling Information



**“Our  
Counselling is free  
and confidential”**



## What is Counselling?

Counselling is a Talking Therapy that gives you the opportunity to talk about experiences or events that have been affecting the way you feel.

People come to counselling with a range of different concerns, however some common concerns are:

- Stress.
- Relationship or family problems.
- Low Self-esteem.
- Loss and bereavement.
- Distressing or traumatic events.
- Feeling down, depressed or hopeless.

Counselling sessions last 50 minutes and you will meet with your counsellor at the same time and place each week.

**“ We work in partnership with  
Sunderland Mind, Sunderland  
Counselling Service and the  
Sunderland Psychological  
Wellbeing Service.”**

**Making the most of yourself...**

Facts about our

# Counselling



## What does Confidential mean?



Confidential means that your counsellor will not tell other people what you talk about in your counselling sessions. There are circumstances when this changes and they include:

- If the counsellor is concerned about your safety or the safety of someone else.
- If information could help stop a serious crime such as terrorism.
- If the counsellor is compelled by a court of law.

Your counsellor will discuss confidentiality with you at your first appointment.

If you want any more information about confidentiality you can...

call us on: 0191 417 80 43

## How do I get to see a counsellor?

If you would like to see a counsellor or make a referral you can call us on 0191 417 8043

If you prefer you can have your GP or someone else contact us on your behalf.

## We are...



'Thank you to all staff, trustees and friends of Washington Mind for taking part in portrait photography to promote Mind's 'This is Real Life' message across our printed and web promotion.'

The Life House, Grasmere Terrace, Columbia, Washington, NE38 7LP

Call : 0191 417 8043 Fax : 0191 415 1593

Email : [info@washingtonmind.org.uk](mailto:info@washingtonmind.org.uk)

Web : [www.washingtonmind.org.uk](http://www.washingtonmind.org.uk)

