

ABOUT BRISTOL MIND

Bristol Mind is an affiliated member of National Mind (or LMA). This means that we work within the ethos of Mind to promote the same aims. They are that we:

Work for a better life for local people in mental or emotional distress by offering a range of services and by campaigning for a socially just society, which promotes and sustains good mental health for all.

Bristol Mind provides a range of mental health services including:

Meeting Minds Counselling Service 0117 980 0385

Bristol MindLine free Telephone Helpline 0808 808 0330

Advocacy 0117 980 0386

Meeting Minds Counselling Service Bristol Mind

Free one to one support offered face to face or over the phone.

Meeting Minds Counselling Service

strives to offer a quality service and welcomes any feedback from service users.

**Meeting Minds
Counselling Service
Bristol Mind
35 Old Market St
BS2 0EZ**

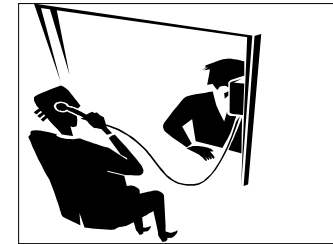
**0117 980 0835
counselling@bristolmind.org.uk**

www.bristolmind.org.uk

Reg. Charity No: 1085171
Reg. Co. No. 4124744

For information on other Bristol Mind services call 0117 980 0370

Meeting Minds



Counselling Service Bristol Mind

This is a supportive one to one counselling service for anyone over 16 yrs old experiencing mental or emotional distress or their carers.

To make an appointment for face to face or telephone counselling ring
Tel: 0117 9800385
Email: counselling@bristolmind.org.uk



WHAT IS MEETING MINDS?

Meeting Minds counselling service offers one to one counselling support to anyone experiencing mental health issues or who has emotional difficulties in the community or who is a carer.

WHAT IS COUNSELLING?

Counselling provides a confidential safe space for people to explore their difficulties and life issues. It is based on listening, talking and finding individual answers to problems. **Meeting Minds** believes all people are unique and with the right support can find their own solutions and strategies to changes and make life more manageable.

WHO OFFERS THE COUNSELLING?

Counselling is offered by volunteer counsellors who are qualified or who already have considerable training in counselling and an understanding of mental health issues. All volunteers are supervised by experienced supervisors according to British Association for Counselling and Psychotherapy guidelines.

HOW LONG DOES COUNSELLING LAST?

Meeting Minds offers short term counselling between 6-12 weeks, each week for 50 minutes either on the telephone or face to face in the office. You and your counsellor will decide together how long you need.

HOW TO ACCESS MEETING MINDS COUNSELLING SERVICE

Phone us on **0117 980 0385** to make an appointment. A counsellor will first offer an assessment and then arrange an appointment time for you with one of the team. Appointments are available in day-time and evening hours and at weekends to make this easily accessible to you if you are working. You can come to the office in central Bristol or you can arrange to talk each week on the telephone for 50 minutes.

CANCELLING AN APPOINTMENT

If you can't make your appointment try to let your counsellor know. Your counsellor will wait for 30 minutes. The session will have to end at the agreed time.

HOW CONFIDENTIAL IS MEETING MINDS COUNSELLING SERVICE?

This is a confidential service and what you talk about will not be discussed outside of the service. All counsellors are required to work with professional supervision according to the BACP guidelines. Qualified professionals offer supervision to counsellors within the service. Very occasionally an exception will be made to confidentiality if the counsellor is seriously concerned about yours or another person's welfare. Your counsellor will fully explain all of this to you.

HOW MUCH WILL IT COST?

Meeting Minds is free to all clients as it is staffed by volunteers and funded by Opportunities for Volunteering through National Mind.

WHAT SHOULD I DO NOW?

If you think this service is for you phone **0117 980 0385** or email **counselling@bristolmind.org.uk**.

There is a confidential answer phone where you can leave a message and we will get back within a few days.