

Are you feeling low?
Do you need someone to talk to?

Private counselling service

Counselling rooms in Colchester, Maldon and Clacton



 **mind** | Mid and
for better mental health North Essex



mnessexmind.org



[@mnessexmind](https://www.facebook.com/mnessexmind)



[@mnessexmind](https://twitter.com/mnessexmind)



[@mnessexmind](https://www.instagram.com/mnessexmind)



What is counselling?

Counselling is a talking therapy where a qualified counsellor can work with you short or long term (depending on what you need), to help you make changes or improve your wellbeing.

Wellbeing is about being comfortable, healthy and happy. Our private counselling service is for people aged 18 and over.



How do I know if counselling will help me?

Counselling is there to help you deal with issues that are causing emotional pain or making you feel uncomfortable.

It can provide a safe and regular space for you to talk and explore difficult feelings. The counsellor is there to support you and respect your views.

Our counselling service can help you:

- cope with a bereavement or relationship breakdown
- cope with redundancy or work-related stress
- explore issues such as sexual identity

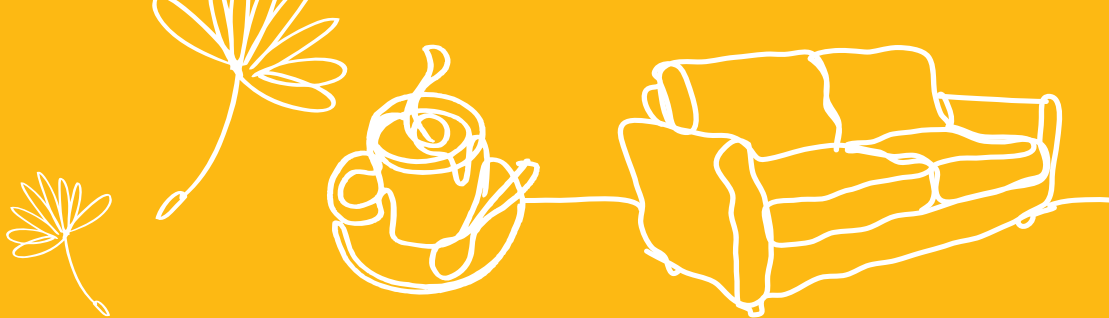


- deal with issues preventing you achieving your ambitions
- deal with feelings of depression or sadness, and have a more positive outlook on life
- deal with feelings of anxiety, helping you worry less about things
- understand yourself and your problems better
- feel more confident
- develop a better understanding of other people's points of view

How can I get private counselling?

You can drop us an email on enquiries@mnessexmind.org or give us a call on 01206 764600, Monday to Friday 9am to 5pm. We can call you back at a time when it is easy for you to have a short telephone assessment. This is where we can chat about whether our private counselling service would be helpful to you. This first step is free of charge.





How much is it and how long is a session?

It costs £40 per session for an individual and £60 per couples' counselling session. Fees for psychosexual counselling vary, please contact us for more details. Fees will need to be paid a week in advance. A session lasts for 50 minutes.

How many should I have?

As many as you find helps you, this may be as few as four sessions.

Where are the sessions?

Daytime and evening appointments are available Monday to Saturday and we have private rooms in Colchester, Maldon and Clacton.

Who are the counsellors at Mid and North Essex Mind?

We will make sure we can link you with the counsellor that's most suitable for you. You can find a list of our private counsellors online at

mnessexmind.org/counsellors

We have both male and female counsellors that are all qualified. They also are either accredited by the British Association for Counselling and Psychotherapy (BACP), or are working towards their accreditation. This means they work to a level of quality that is expected by the BACP.

We have counsellors who are qualified in:

- Person-centred therapy
- Psychosexual therapy
- Psychodynamic therapy
- Integrative therapy
- Dynamic interpersonal therapy
- Couple's therapy
- Counselling for depression
- Emotion focused therapy

If you want to know a bit more about each of these different types of therapy please visit the private counselling page on our website where you can download some information sheets about them.



We're Mid and North Essex Mind, the mental health charity. We believe no one should have to face a mental health problem alone. We're here for you. Today. Now. Whether your stressed, depressed or in crisis, we'll listen and give you support.

We work with children from the age of 5 and adults of all ages. Some people use our services for only a little while and others might need help for longer.

We are a local, independent charity connected to the national charity Mind. At Mid and North Essex Mind we have to raise our own money to run our services. We work from Chelmsford to Clacton, from Braintree to Colchester – we cover all of mid and north east Essex.

If you want to raise some money or donate to support the work we do in the local area visit mnessexmind.org/support-us or call or email the fundraising team on fundraising@mnessexmind.org or 01206 764500.



Tell us your thoughts

We always need to know what we're doing well and what could be done better.

Write to us on: Operations Manager,
Mid and North Essex Mind,
The Constantine Centre, 272a Mersea Road,
Colchester CO2 8QZ.

 mnessexmind.org

 [@mnessexmind](https://www.facebook.com/mnessexmind)

 [@mnessexmind](https://twitter.com/mnessexmind)

 [@mnessexmind](https://www.instagram.com/mnessexmind)



Registered Charity Number 1064309

Published September 2015. Issue 1.
If you need extra copies of this leaflet please call Mid and North Essex Mind on 01206 764500 with the leaflet title and issue number: Private counselling, issue 1.