

OUR MISSION

“Wiltshire Mind’s vision is of a society that promotes and protects good mental health for all and that treats people with experience of mental distress fairly, positively and with respect.

The needs and experiences of people with mental distress drive our work and we make sure their voice is heard by those who influence change.

Our independence gives us the freedom to stand up and speak out on the real issues that affect daily lives.

We provide information and support, campaign to improve policy and attitudes and develop local services.

We do all this to make it possible for people who experience mental distress to live full lives, and play their full part in society.”

COUNSELLING FEES

Wiltshire Mind is a registered charity and operates a low-cost contribution service.

Initial Assessments require a minimum monetary donation of £10.00

Your contribution for counselling sessions will be between £15 - £30 according to your personal circumstances.

Fees will be discussed at the initial assessment meeting.



Where to find our service:

Part 1st Floor/2nd Floor
21-23 High Street
Melksham
Wiltshire
SN12 6JY

www.wiltshiremind.co.uk

How to contact us:

Telephone: 01225 706532

Email: counselling@wiltshiremind.co.uk

Wiltshire Mind Counsellors work
within the ethical framework of



Wiltshire Counselling Service



Wiltshire Mind

Wiltshire Mind is committed to Minds
Values and Quality Management Standards



For better
mental health

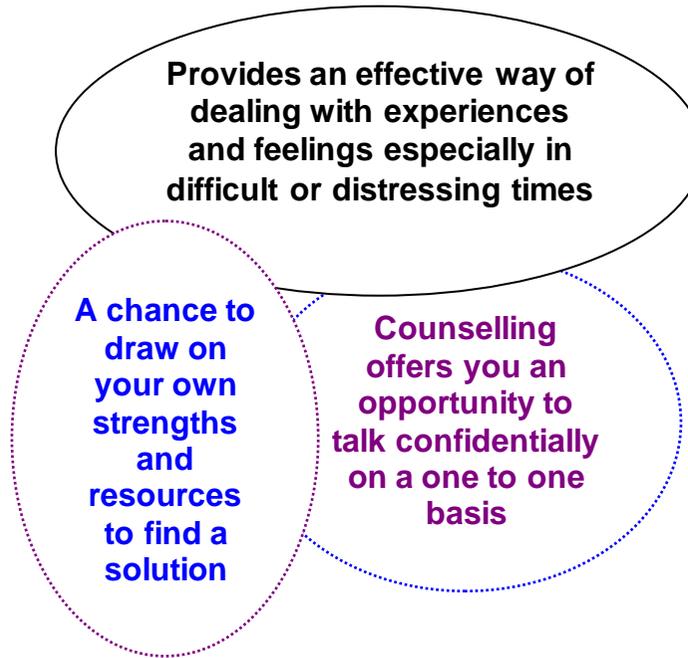
Counselling helps in a wide variety of situations, long standing or recently met. It works by helping you to explore the emotions and feelings you have in order to better understand your own and often other people's behaviours.

With a counsellor, in confidentiality, you can identify and review those coping skills you have in dealing with life events, stresses and challenges such as:

Bereavement
Anger
Relationships
Lack of motivation
Depression
Anxiety
Stress
Low self esteem
Emotional distress

This work can be focused on today, and the 'here and now' or you may want to confront its roots. Either way it is up to you. The Counsellor is there to support YOU.

WILTSHIRE MIND'S COUNSELLING SERVICE



What to do next?

Contact our Counselling Manager

Office: 01225 706532

Email: counselling@wiltshiremind.co.uk

What we offer In confidentiality...

