

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 FOR YOUNG PEOPLE’S COUNSELLING SERVICE:

We’re a self-funded, registered charity.

Initial Assessments are a monetary donation of £10.

Your contribution for counselling sessions after this will be a donation of £15 per session.



Reg. Charity Number: 1113751
Reg. Company Number: 5498430

Patron: Stephanie Cole OBE

Where to find us:

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

www.wiltshiremind.co.uk

How to contact us to book an assessment:

Telephone: 01225 706532

Email: counselling@wiltshiremind.co.uk

Wiltshire Mind Counsellors work
within the ethical framework of



Wiltshire Mind Young People’s Counselling



Are you 11-17?
Need to talk?
Exam stress?
Bullying?
Family?
Body image?

Mondays & Wednesdays
4pm-7pm
Call 01225 706532
To find out more

Counselling helps in a wide variety of situations, long term or new. 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.

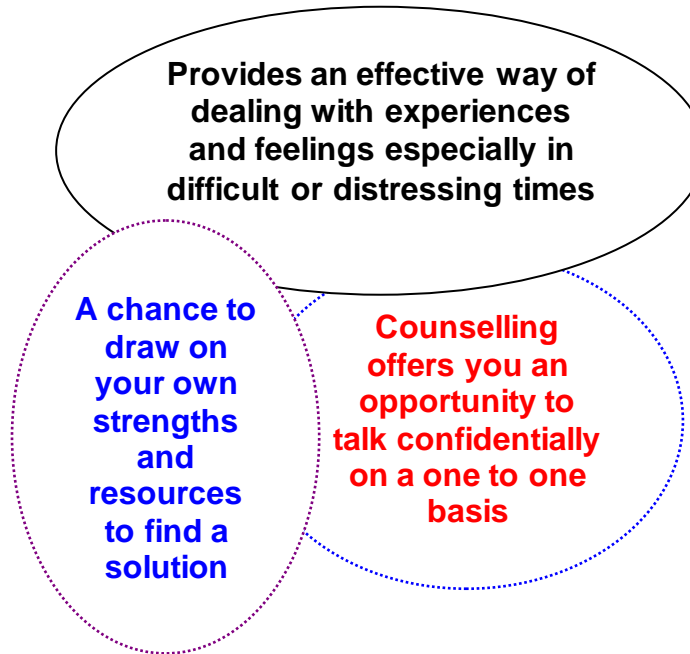
With a counsellor, in confidence, you can identify and review those coping skills you have in dealing with life events, stresses and challenges such as:

Losing someone
Anger issues
Relationships
Lack of motivation
Depression
Anxiety
Stress e.g. exams
Low self esteem
Emotional distress

We can look at how you're feeling right now, or how these feelings started .

Either way it is up to you.
The Counsellor is there to support **YOU**

WILTSHIRE MIND'S COUNSELLING SERVICE



What to do next? **Get in touch!**

Office: 01225 706532

Email: counselling@wiltshiremind.co.uk

What we offer... confidential and non judgemental

