

HOW CAN COUNSELLING HELP?

Carers may face a number of difficulties which are hard to deal with emotionally and which may cause distress.

Counselling can provide an opportunity to talk about these emotional difficulties with someone who is trained to listen. It can help them to understand what they are experiencing and to see the difficulty in a more manageable way.

To access the free carers 'counselling service, carers need to live, work or attend college in Croydon or care for someone who lives, works or attends college in Croydon. Carers need to be 18 years or over.

The Carers Counselling Service offers 6 sessions of counselling that can be extended to 12

Each session lasts 50 minutes

The Mind in Croydon Counselling Service is an accredited service of the British Association for Counselling & Psychotherapy and all counsellors adhere to the BACP Ethical Framework for Good Practice in Counselling & Psychotherapy.

The Carers Service offers free Carers psycho-educational workshops

The workshops are run on the first Monday in each month, from 2.30-3.45pm at Fairfield House in East Croydon



The Counselling Service aims to promote good mental health by providing a high quality, professional service in a confidential and safe setting.

We are committed to promoting and achieving equal opportunities. We welcome everyone regardless of gender, sexuality, colour, ethnic origin, religion, age, race or disability.

Carers can contact Mind in Croydon

Telephone 020 8763 2064

Email counselling@mindincroydon.org.uk

Address: 26 Pampisford Road, Purley, CR8 2NE

Website: www.mindincroydon.org.uk