



Talking Therapies

 **Mind** Buckinghamshire



Talking Therapies – Our Offer

What we do

We provide high quality one-to-one counselling and group therapy in a safe, non-judgemental space to explore any concerns that might be affecting you in your life. We will listen and support you in gaining a greater understanding of any issues and how you might move past them.

We can work with adults who are experiencing anxiety, depression, loss, relationship issues, difficulties with anger, recovery from traumatic events or are struggling to cope with the pressures of life. We can offer face-to-face, online (video) or telephone counselling.

How we work

You will be offered an initial appointment to find out if we are the right service for you. Once sessions are offered, you will be with the same counsellor on a weekly basis. You will be offered 3-10 counselling sessions (depending on need) and the duration of each session is 50 - 60 minutes. We offer group therapy as a follow-up for those who have completed their counselling sessions and for people on the waiting list.

Our Fees

Buckinghamshire Mind's adult counselling service does not receive any funding or grants and therefore fees are charged to cover the cost of delivering the service. To ensure the service is accessible and affordable, our fees operate on a sliding scale and will be agreed with you depending on your personal circumstances. Subject to eligibility, we also offer a low-cost option for people experiencing financial hardship.

Our Counsellors

Our counselling team comprises of volunteers who are either fully qualified or who are undertaking a placement on the final year of their diploma or equivalent. All our counsellors attend regular clinical supervision.

Our investment in the training and support of our volunteer counsellors has been recognised with the highly prestigious Queen's Award for Voluntary Service.

Our service is an organisational member of the British Association for Counselling and Psychotherapy and all our counsellors and volunteer counsellors adhere to and work within the BACP Ethical Framework for the counselling professions.



“My counsellor was very effective, listened and was non-judgemental. With his knowledge and in a safe environment, I also learnt about my own behaviour.”

Choose the right option for you

TYPE OF TALKING THERAPY	WHO IS IT FOR?	WHAT DOES IT OFFER?	PRICING
Counselling	<ul style="list-style-type: none"> • People over the age of 18 who are experiencing difficulties with their emotional and mental health. • Our service may not be suitable for some people, but this will be decided between the counsellor and the client during the initial appointment and we can support you with referrals to other services. 	<p>1 assessment and 10 counselling sessions.</p> <p>You can choose from face-to-face, online video or telephone counselling sessions.</p>	<p>For assessment and per counselling session, a fee of between £20 - £45 will be agreed depending on your financial circumstances.</p> <p>Subject to eligibility we offer a low-cost option for people experiencing financial hardship.</p>
Brief Intervention Telephone Counselling	<p>A solution for the following circumstances;</p> <ul style="list-style-type: none"> • If you are unsure whether counselling is for you. • If you have had counselling from us before and you would like a top up. • You would prefer a quick telephone counselling intervention. 	<p>1 assessment and 1-3 sessions dependent on need.</p>	<p>For assessment and per counselling session, a fee of between £20 - £45 will be agreed depending on financial circumstances.</p>
Rapid Access Online Counselling	<p>For those in work who would benefit from counselling but require greater flexibility.</p>	<p>1 assessment and 10 counselling sessions at flexible times, including lunchtimes, evenings and Saturdays.</p>	<p>£55 for assessment and per session.</p>
Group Therapy	<p>For people who have completed their counselling but who would like additional support and those on the waiting list.</p>	<p>Weekly 1 hour group sessions, initially via Zoom, for 8 weeks. Maximum of 6 people per group.</p>	<p>£5 per person, per session.</p>

How to access our service

To find out more and discuss the option that is best for you, please contact us on **01494 463364** or email **counselling@bucksmind.org.uk**

Our friendly team would love to hear from you.

 **mind** Buckinghamshire

