

Further Information

To make enquiries or request further information about any of our Counselling Services, please call **01494 771131**, or email: **counselling@bucksmind.org.uk** (Counselling for Adults) or **ypcounselling@bucksmind.org.uk** (Counselling for Young People).

To complete an online referral form, please visit: **www.bucksmind.org.uk/counselling-services** or scan the QR code.



“The service was extremely person-centred, which I appreciated as it opened up a safe space to be vulnerable without judgement. It was both informative and compassionate and I won’t hesitate to look here in the future, if necessary.”



Contact Us

We are here to help and support you. Please get in touch, we'd love to hear from you.

01494 463364

info@bucksmind.org.uk

www.bucksmind.org.uk



www.facebook.com/BucksMind

www.instagram.com/bucksmind

www.linkedin.com/company/buckinghamshire-mind



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mind Buckinghamshire
Counselling Services

We provide high quality one-to-one counselling to adults and young people, aged 13 to 21, with a variety of mental health needs.

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

Counselling for Adults

We work with people 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 will offer you a supportive, non-judgmental environment where our counsellors actively listen, collaborate and help you develop emotional resilience and coping strategies.

You can choose between convenient face-to-face and online (using a secure link) counselling appointments. You will be offered an initial appointment to ensure that our service is suitable for you. Following this, you will be allocated a dedicated counsellor and offered up to 10 weekly counselling sessions, each lasting 50 minutes.

Please be aware that due to high demand for this service, there may be a waiting list for this service.

Who is this suitable for?

We offer counselling to people over the age of 18 who live in Bucks. Our service may not be suitable for some people, but this will be decided between the counsellor and the individual during the initial appointment.

We can also work with organisations to provide counselling for employees. For more information, please contact counselling@bucksmind.org.uk

“My counsellor has provided me with the tools I need to be able to better manage my mental health. He has always listened, empathised and made me feel worthy of my feelings.”

Fees

Buckinghamshire Mind's Counselling Service is self-funding and, for the service to continue, it is necessary to charge a fee of £30 per session.

How can I access this service?

If you would like to refer yourself to our Counselling for Adults Service, please visit our website to download a referral form. You can also scan the QR code to complete an online referral form.

If you have any questions, please contact counselling@bucksmind.org.uk or call 01494 771131.



Counselling for Young People

Our service offers compassionate and confidential support to young people aged 13-21 who are facing emotional and mental health challenges. Our professional counsellors provide a safe space to explore feelings, build coping strategies and foster personal growth.

We will offer you a supportive, non-judgmental environment where our counsellors actively listen, collaborate and help you develop emotional resilience and coping strategies.

You can choose between convenient face-to-face and online (using a secure link) counselling appointments. You will be offered an initial appointment to ensure that our service is suitable for you. Following this, you will be allocated a dedicated counsellor and offered up to 10 weekly counselling sessions, each lasting 50 minutes.

Please be aware that due to high demand for this service, there may be a waiting list for this service.

Who is this suitable for?

Our service is for young people aged 13 to 21 who live in Bucks.

Fees

This service is free.

How can I access this service?

Please do get in touch if you would like to make a referral into our Counselling for Young People Service. For young people aged 13 to 16 years, we will need a parent/guardian to complete the form. Young people aged 17 to 21 years can self-refer.

Please go to our website to download a referral form, or you can scan the QR code to complete an online referral form.

If you have any questions, please contact ypcounselling@bucksmind.org.uk or call 01494 771131.



“Thank you for listening to me and understanding me. Thank you for being the person I could talk to when I didn't have anyone else, it means a lot.”

Data Protection

The privacy and security of all clients seeking counselling are of utmost importance to us. We adhere to strict data protection practices to ensure the confidentiality of their information. All data collected, including personal details and session notes, is stored securely on encrypted servers with restricted access. Our Counselling Team undergoes regular training to maintain the highest standards of data protection and confidentiality.

We never share any sensitive information without explicit consent from our clients.