



Counselling for Adults

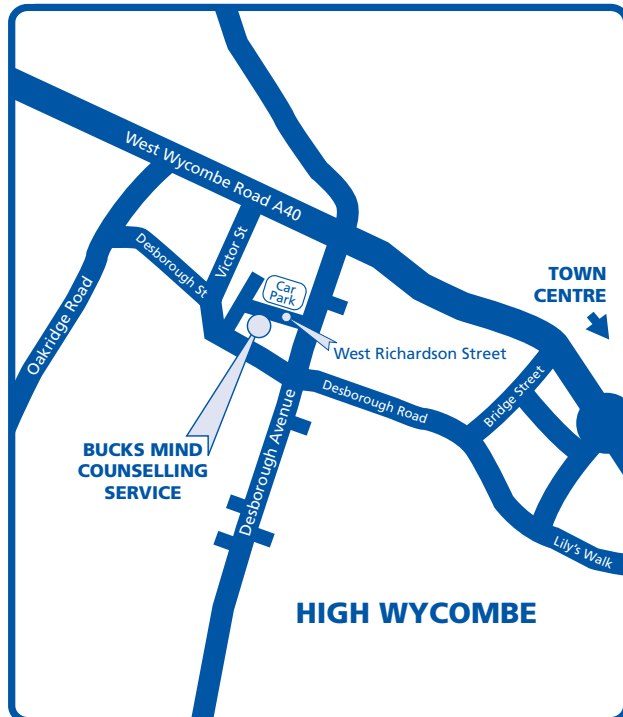
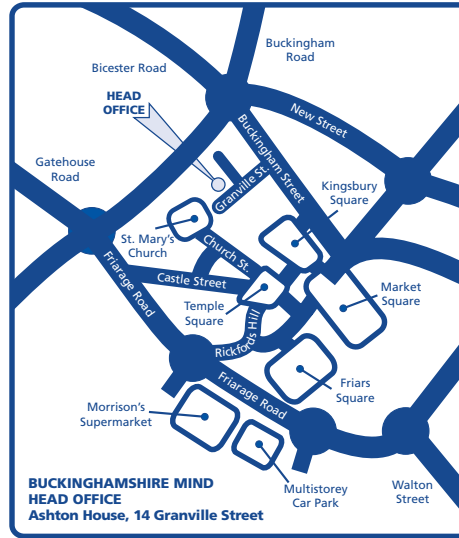
Buckinghamshire Mind Counselling services are based in High Wycombe and Aylesbury.

Aylesbury appointments will take place at:
Ashton House, 14 Granville Street
Aylesbury, HP20 2JR

High Wycombe appointments will take place at:
West Richardson Street, High Wycombe
HP11 2SB

Telephone: 01494 463364



Email: counselling@bucksmind.org.uk



Contact Us

Head Office:
Ashton House
14 Granville Street
Aylesbury
Bucks HP20 2JR
T: 01494 463364

E: info@bucksmind.org.uk
W: www.bucksmind.org.uk

 www.twitter.com/bucksmind  www.facebook.com/BucksMind

Buckinghamshire Mind is affiliated to national Mind and is quality assured under the Mind Quality Mark.

Buckinghamshire Mind (The Buckinghamshire Association For Mental Health) is a Registered Charity (No: 1103063) and a Company Limited by Guarantee (No: 5000185)

Large print version available

Counselling for Adults

What we do

We provide high quality one-to-one counselling to adults with a variety of mental health needs. We can 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.

Buckinghamshire Mind's adult counselling service is self-funding and for the service to continue it is necessary to charge a fee.

Fees are on a sliding scale and will be discussed at the initial appointment. The amount agreed will be the fee charged for the initial appointment and all ongoing sessions.

How we work

Counselling offers a safe, non-judgmental 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.

You will be offered an initial appointment to ascertain that we are the right service for you. Following this, you will go onto a waiting list for your ongoing counselling to start. Once sessions are offered they will be with the same counsellor on a weekly basis. You will be offered 10 ongoing counselling sessions and the duration of each session is 50 – 60 minutes.

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

Who we work with?

We can offer counselling to 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 will support the client in identifying and referring to the service which will best provide the help that he/she needs.

How to access the service

If you are interested in our service please call us on 01494 463364 to make an initial appointment.



About Buckinghamshire Mind

Buckinghamshire Mind is a charity working to support and represent people with Mental Health needs in the local community.

We do this through providing good quality services including counselling, support with employment and finding work, services for older people and through a range of opportunities and activities for groups and individuals.

We work to provide a voice for people with mental health needs to fight stigma and campaign to influence policy and decision making locally.

We are committed to making sure our services are inclusive and meet the diverse needs of people in Buckinghamshire.

National Mind

Buckinghamshire Mind is a 'Local Mind Association' which is affiliated to National Mind. Each local Mind Association is an independent charity run by local people, for local people. Each is responsible for its own funding and the services it provides, but all are affiliated to Mind. This affiliation ensures that each local organisation meets Mind's quality standards of governance and service delivery, and that they work to further our mission.

For more information on the link between Local Mind Associations and National Mind please refer to www.mind.org.uk