

“ My sessions with (my counsellor) brought calmness to my confusion especially in the early sessions. The coping skills I have learned will be beneficial for the rest of my life. ”

“ Excellent has helped me sort so much and to come to terms with past trauma and move on. ”

“ Pleasurable, painful, thought provoking, frustrating, confusing, helpful, fascinating, useful, lifesaving! Thanks. ”

The **Counselling & Therapy Service** is a project of Leeds Mind, in partnership with Leeds Adult Social Care and Leeds PCT.

Leeds Mind supports people with mental health problems in a variety of ways. We value the experience and expertise of the people who use our services and we work creatively together on their journey of recovery.

We believe everybody has mental health needs and everyone can recover from mental health problems.

Leeds Mind is affiliated to Mind (The National Association for Mental Health) www.mind.org.uk

For more information about Leeds Mind contact:

Leeds Mind
Grove Villa, 82 Cardigan Road, Leeds LS6 3BJ
t: 0113 230 7608 • fax 0113 230 7621
e: leeds.mind@leedsmind.org.uk
w: www.leedsmind.org.uk

Company registered in England & Wales 2193270. Registered Charity No.1007625.

LEEDS MENTAL HEALTH DIRECTORY... on-line
www.mentalhealthleeds.info

For more information please contact

**Leeds Mind Counselling
& Therapy Service**
Grove Villa, 82 Cardigan Road
Leeds LS6 3BJ

t: 0113 230 7673

SMS text: 07762341329

f: 0113 230 7621

e: cats@leedsmind.org.uk

w: www.leedsmind.org.uk

Getting there



Bus

56, 18, 18a.

Train

10–15 minutes walk from Burley Park railway station on the Leeds-Harrogate line.

Car

Limited on-site parking or neighbouring streets.

Access

Ramped access.

Small lift to 1st floor will fit manual wheel chair.

Wheelchair accessible toilet on first floor.

An Induction Loop is available

A large print version of this leaflet is available on-line at www.leedsmind.org.uk

Counselling & Therapy Service

a Leeds Mind project



For better
mental health

Counselling & Therapy

Who are we?

- We are a well-established citywide service with an excellent reputation.
- We provide a high quality counselling and therapy service.
- We have a team of qualified and experienced counsellors from a wide range of backgrounds, experiences and cultures.

Who can we help?

Up to 90 people use our service each week. We see a wide-ranging client group including people with issues around anxiety, depression, relationships, sexuality, abuse, bereavement and loss. We are also able to work with people with complex mental health issues, including those with a mental health diagnosis.

We aim to

Provide a service which is:

- Professional
- High Quality
- Effective
- Accessible
- Affordable

Standards

As an Organisational Member of the British Association of Counselling and Psychotherapy (BACP) we are bound by its Ethical Framework for Good Practice in Counselling and Psychotherapy and subject to the Professional Conduct Procedure.

The first step

Simply ring us on 0113 2307673 for details about how to arrange an initial meeting.

What next

An initial meeting will give you an opportunity to ask questions and to begin to talk about your problems and concerns. If counselling could be of help, weekly sessions will be arranged.

Then

You will see the same counsellor every week, on the same day and at the same time. Each session lasts 50 minutes. Day-time and evening appointments are available.

Costs

We ask clients for a contribution to the cost of their counselling based on what each person can afford. Those who can only pay a small amount are still welcome.

Opening times

Monday	9.30am–5pm
Tuesday	9.30am–9pm
Wednesday	9.30am–9pm
Thursday	9.30am–9pm

Listening:
A space to talk to someone who listens

Understanding:
To help you make sense of what is happening in your life

Non-judgmental

Counselling is

Changing:
Counselling can help you find new ways of coping

Confidential

Responsive to individual needs

Did you know?

We have been providing tailored services to private, voluntary and statutory organisations for nearly 20 years at very competitive rates.

We specialize in:

- Employee Counselling
- Staff Support (individual and group)
- Non-managerial supervision
- Staff training

Please contact 0113 230 7673 for further information.