



Low Cost Counselling

We are a low cost, self-funded charitable service, offering both long & short term counselling to members of the general public. We are a self-referral service but also accept referrals from other health professionals.

Whether you are looking for our low cost option or a private therapist, we can help.

Full price, fully qualified private counsellors are listed on our Credentialed Therapists list on our website.

If you would like to find out more, please contact:
Email: enquiries@norfolkandwaveneymind.org.uk
Call: **0300 330 5488**
Website: norfolkandwaveneymind.org.uk

 **mind** Norfolk and Waveney

Registered charity - No. 1118449

Low Cost Counselling

About Our Service

Our counselling service has successfully helped many people through a difficult time in their life, whether due to past life experiences or current issues. We work with individuals who have experiences of anxiety, depression, bereavement, loss, trauma, difficult relationships, attachment issues, low self-esteem, difficulties coping with change, among other things.

We are a low cost, time limited, self-funded charitable service,

offering both long & short term counselling to members of the general public. We are a self-referral service but also accept referrals from other health professionals.

We are able to offer low cost counselling as our counsellors are volunteers. The majority of counsellors are training at diploma level or above. Some are fully qualified. The service is aimed at helping both student and client on their future journey.

Our primary therapeutic models:

Person Centred Therapy: Person-centred therapy is a non-directive approach that sees the client as an expert on themselves. The counsellor facilitates the client to explore and understand their feelings and their troubles, in a safe and non-judgemental environment.

Integrative Therapy: Integrative therapy is a progressive form of psychotherapy that combines different therapeutic tools and approaches to fit the needs of the individual client.

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Appointment times

Appointments are currently available as online or face to face sessions. They follow the availability set out below.

Face to face sessions are available at our Sale Road office and a city centre location, subject to government restrictions.

Sale Road: Monday to Friday 9am-5pm.

City Centre: Monday to Friday 9am-5pm.

Online sessions: Available Monday to Friday from 9am to 8pm.

Fees:

**Please note this is NOT a free service. Initial assessments are free. Fees are then £20 per session. Sessions are 50 minutes long.

How to make an appointment:

You do not need to be referred to us, you can self-refer via the form on our website or ring our Reception on **0300 330 5488** tell them you would like counselling, and if you are happy for them to, they will complete the online form on your behalf. Or, simply leave your name & contact details and we will contact you.

Once we receive your referral, our counselling lead will contact you to book you in for an assessment to discover if counselling is something that will be suitable for you. Counselling is arranged subject to suitability & availability following assessment. Please note there is usually a short waiting list of between 2 - 5 weeks.

Our self-referral form can be found by going to: norfolkandwaveneymind.org.uk/service-directory then clicking on the button of the Low Cost Counselling Service.

Whether it's you, someone in your family, a friend or a work colleague, we are here to support you.

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