

Who

Solihull Mind believes that people who have mental health problems have the same rights as any other person; that they should not be disadvantaged or subject to prejudice and should have the right to live an ordinary life in the community with the necessary support to ensure fulfilment and independence. As a local, user led, mental health organisation Solihull Mind seeks to improve the quality, quantity, and accessibility of services for people with emotional distress.

Our services are provided to support these beliefs. We provide a range of services ourselves, or we can help people access services elsewhere, to enable people to move towards the lives they want.

People can choose to use whichever of our services they need at the times they need them; whether that is for a one-off situation needing help or guidance; for a longer term support, perhaps using more than one service; or returning to a service when needed for support at a particular time.

What

Everyone experiences times when they feel anxious, sad, or

depressed. If your problems are getting on top of you, it can help to talk to someone who has the time to listen. Counselling can help you to explore your feelings and look at the reasons why you are feeling this way. It aims to help you find your own solutions, without making moral judgements or pushing you in a particular direction. A variety of counselling styles are used, but the emphasis is on brief therapies aiming to achieve a result within twelve fortnightly or weekly sessions.

Our counselling is free and available to anyone (age 17-65) who lives in the borough of Solihull. Appointments take place at the Mind office between 9-30am and 5-00pm Monday to Thursday, and between 10am and

12-15pm on Fridays. There are also a limited number of appointments available on Tuesday evenings and Saturdays. If there is a reason why you cannot come to the office, where possible we will try to make arrangements to see you at home. If our counsellors are for any reason unable to help, we will try to put you in touch with someone who can

Solihull Mind's services are provided according to our policies on equal opportunities and confidentiality. The content of the sessions is confidential and no written records are kept. We will only consider breaching confidentiality when there is serious and immediate risk of harm to a third party. Details of our policies are available on request.

Application for Counselling:

If you want to make an appointment, please complete this form and return it to us at the address on the back of this leaflet. We will send you an appointment as soon as possible.

Name:

Address:

Phone number:

Email:

Date of birth:

Ethnic group:

Signature:

Counselling is available at the times stated in this leaflet. Please write in the box below any times or days you **cannot** attend.

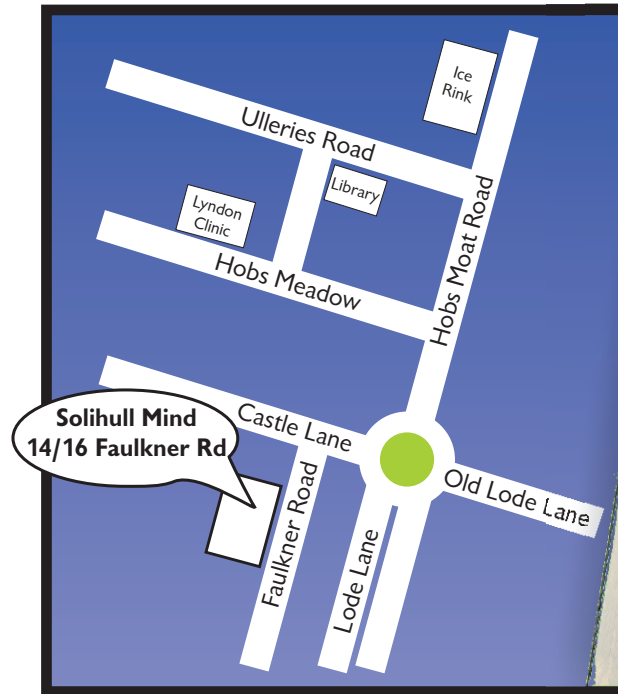
In order to ensure an appointment is made with the most appropriate person, please would you give some information about the issues you wish to explore through counselling.

Counselling usually takes place in a first floor room, but we can arrange to see you on the ground floor if you cannot climb the stairs. Please tick this box if you require this.

Funding for this service comes from Solihull Council and as part of their monitoring of expenditure they ask if we can collect basic information on people using the service. The information they ask for is: name, address, date of birth, and ethnicity - they do not want any personal information such as why you are using the service or anything you discuss with your counsellor. If you are concerned about this and feel you cannot agree to us passing on this basic information, please tick the box below. If you would like to speak to someone about your concerns, please contact the counsellor on 0121 742 4941.

Where

Solihull Mind
14-16 Faulkner Road
Solihull
B92 8SY
T: 0121 742 4941/743 4237
E: contact@solihullmind.org.uk
W: www.solihullmind.org.uk
Reg. Charity no. 516058



Buses stop by the roundabout at the junction of Castle Lane/Lode Lane - 57, 57A, 71, 72, 169, 672; at Castle Lane - 38, 41A, 41C, 42C; and at Land Rover - 41A, 41C, 42C.

The building is wheelchair accessible and all services are available on the ground floor.

Solihull Mind Counselling

3

User led and delivered mental health services in the borough of Solihull



For better
mental health

time to change
let's end mental health discrimination