

Guidelines for those seeking counselling

This service is available to residents of the London Borough of Barnet over the age of 18.

There are times in most of our lives when we experience distressing events and feelings which seem to have no end or solution in sight. This can be due to a particular circumstance such as bereavement, difficult relationships, stress or illness, but sometimes we have no idea what is making us feel the way we do. All we know is that life has become uncomfortable, difficult or even intolerable.

It may not be possible to talk to friends or family, and you might feel there is no one listening to you. It could be at these times counselling may be a helpful option.

Counselling should provide the opportunity to make sense of your individual circumstances, leaving you better equipped to cope for the future. The counsellor aims to help the client reach their own understanding of their difficulties and to find their own ways of dealing with them. During the sessions, ideas, thoughts and feelings can be aired in a non-judgemental and confidential setting.

- You do not need a referral from your doctor or other professional to access the counselling service.
- You will be asked for your G.P details at the initial meeting.
- We do ask for a contribution to the cost of each session. (For details on contributions see **How much will counselling cost?**)
- All sessions are for 50 minutes and your session will be with the same counsellor weekly at a set time of day.

Confidentiality

All personal information disclosed to a counsellor is confidential to Mind in Barnet. No information will be disclosed to a third party without the prior permission of the individual concerned unless in exceptional circumstances, e.g. a statutory obligation or a client was a danger to themselves or others.

Short Term Counselling

This service can offer clients up to 8 counselling sessions, but sometimes a single session may be enough.

To access this service:

First appointments cannot be booked in advance for this service. To get a first appointment you will need to visit the office in person to complete a form during the registration times. You will then be contacted when an appointment becomes available. After your initial session, on-going appointments will be arranged with your counsellor. A contribution will be required for each session. (For details on contributions see **How much will counselling cost?**) If you do not attend your follow up sessions without informing the office or your counsellor, it is not possible to hold the sessions open for you.

Registration Times

Monday, Tuesday, Wednesday 4.30pm - 7.30pm
Wednesday 10.30 am - 1.30pm

Appointment Times

Monday, Tuesday, Wednesday
4.30pm - 8.30pm (last session 7.30pm)
Wednesday
10.30pm - 1.30pm (last session 12.30pm)

The counselling service at Mind in Barnet is Accredited by the British Association for Counselling & Psychotherapy (BACP) and as such is bound by its **Ethical Framework for Good Practice in Counselling and Psychotherapy** and Professional Conduct Procedure. (Under this code all of our counsellors are in regular supervision.)

We have an Access to Records policy and comply with the Data Protection Act. We are committed to an intercultural approach and to equal opportunities.

Long Term Counselling

This service provides weekly psychodynamic counselling for a maximum of 2 years.

To access this service:

To discuss whether this is the appropriate service, you need to book an assessment session. You will be asked for a contribution for this meeting. Please contact the administration office:

Monday to Friday 9.00am to 5.00pm
Tel: 020 8343 5700

The assessor will not be your counsellor for subsequent counselling sessions. If Mind in Barnet is not appropriate for your needs, the assessor will be able to give you information on where to find other forms of help. If Mind in Barnet is appropriate, your name will be added to our waiting list for when a vacancy occurs.

How much will counselling cost?

Mind in Barnet is a non-profit making charity funded by the PCT via grants and service contracts and by contributions received from clients.

We have a reduced and standard contribution range. The reduced contribution range for clients on state benefits is £5 - £15 depending on individual circumstances. The standard contribution is based on income and the range is from £15 - £50. You will be given an information leaflet when you register for the short term service or attend for an assessment interview for the long term service.

The contribution is applicable to all sessions including assessments and missed or cancelled sessions.

NO illegal drugs or alcohol are allowed on the premises. You will be asked to leave if you are intoxicated or carry either of these substances.

Who is Mind in Barnet ?

Founded in 1962, Mind in Barnet is a registered charity providing a range of services to the residents of the London Borough of Barnet with mental health problems.

How are we funded ?

We are primarily supported by the Barnet Primary Care Trust and London Borough of Barnet via grants and service contract.

What do we do ?

The charity works to help people with mental health problems via the provision of Advocacy, Longer Term Outreach and Befriending, Recovery Hub, Counselling and other support.

Transport

Buses: 82, 125, 221, 460 stop outside
134, 263, 326 stop nearby

Tube: West Finchley (Northern Line)

Parking: No zone on Ballards Lane and side roads between Essex Park and Christchurch Avenue

Mind in Barnet Mission Statement

People Matter

- Supporting people with mental health problems as they move towards a better life in society
- Promoting the dignity, well-being and self-determination of people experiencing mental distress
- Campaigning for social inclusion and combating stigma and discrimination experienced by people with mental health problems
- Ensuring active service user consultation and involvement in the organisation at every level
- Nurturing and developing our staff to enhance both their job satisfaction and the delivery of effective quality services

Mind in Barnet is committed to quality and participation in Quality Management in Mind



Counselling

55 Christchurch Avenue
London N12 0DG

Tel: 020 8343 5700
Fax: 020 8446 3676

Email admin@mindinbarnet.org.uk
Website www.mindinbarnet.org.uk

