

How to access the Counselling Service.

Telephone: 01302 812486.

(You can leave a message on the answering machine)

email: [counselling@doncastermind.org.uk](mailto:counselling@doncastermind.org.uk)

Our address is:

Doncaster Mind

27 - 29 Netherhall Road

Doncaster

DN1 2PG

[www.doncastermind.org.uk](http://www.doncastermind.org.uk)



Doncaster

## Doncaster Mind Counselling Service



Reg. Charity Number 1141145  
Company No. 07433894

# Doncaster Mind Counselling Service

We provide a confidential, empathic and non-judgemental counselling service for individuals over 18 years of age.

It is a non-fee paying service although many of our service users make a small voluntary contribution to help maintain it.

All our counsellors are qualified to or are working towards a Diploma in Counselling. Each counsellor receives monthly supervision to maintain a high quality service.

All counselling is conducted in accordance with Mind Quality Standards and British Association for Counselling & Psychotherapy Ethical Framework.

Everyone who asks for counselling at Doncaster Mind will have an assessment to ascertain whether or not counselling is appropriate to their needs.

Our counselling service aims to help individuals cope with and overcome such issues as :

- Stress
- Anxiety
- Depression
- Anger
- Assertion
- Bereavement
- Abuse (various)
- Behavioural
- Family/relationships (not couples counselling)
- Sexual
- Work

