



**You don't have to
carry it alone.**
When you're ready,
we're here.



Talk things through in a safe space.

Our Counselling Service



What we can support you with

Our experienced counsellors can help with:

- Anxiety
- Depression
- Stress
- Low mood
- Loss and bereavement
- Relationship difficulties
- Work-related challenges
- Low confidence or self-esteem
- Working towards positive change

Whatever you're facing, we're here to listen.

What does counselling involve?

Your first session is an open conversation about what's brought you to counselling and how we can work together. We usually recommend a minimum of six sessions, with up to 20 sessions available where needed.

Counselling gives you a safe space to:

- Explore your thoughts and feelings
- Understand patterns in your behaviour
- Develop coping strategies
- Build resilience
- Work towards personal goals at your own pace

Our counsellors

At Mind in Harrogate District, we believe in meeting people as individuals. When you are referred to us, we assess your needs and match you with a counsellor who is right for you.

All of our counsellors are:

- Members of the BACP (British Association for Counselling and Psychotherapy)
- Fully insured
- Police checked
- Carefully selected and supported by our Counselling Coordinator

Confidentiality

Your counselling sessions are confidential. We do not share personal information or details of your sessions with your employer. The only information reported back is the number of sessions attended.

Where sessions take place

All in-person counselling takes place at The Acorn Centre, Station Parade, Harrogate (next to Waitrose). Appointments are available Monday to Friday, with evening sessions until 7pm. Online sessions are also available.

How to access counselling

If you think counselling could help, speak to your Line Manager or HR team about a confidential referral. They'll talk you through the process and explain how sessions are funded within your organisation. If you're unsure, they can also help you explore the options available.

“Counselling has helped me manage my anxiety and allowed me to see things more clearly. Having someone to talk to about things I can't talk to anyone else about has lifted a load.”