

## How do I contact the Counselling and Groupwork Service?

If you would like to use this service you can be referred by your GP or a relevant health professional. We also accept self referrals.

If you would like any further information please contact:

**Counselling/Groupwork Manager**  
**Thurrock Mind**  
**152 Bridge Road**  
**Grays**  
**Essex**  
**RM17 6DB**

**Telephone: 01375 391411**  
**Fax: 01375 389793**  
**Email: [counselling@thurrockmind.org.uk](mailto:counselling@thurrockmind.org.uk)**



Thurrock Mind is an affiliated Local Mind Association and strives to deliver services which meet the quality management in Mind standards

### **Thurrock Mind** Services and Contact Numbers

#### **ADVOCACY SERVICES**

Advocacy  
Advocacy for People over 65  
IMCA Independent Mental Capacity Advocate  
IMHA Independent Mental Health Advocate  
DOLS Deprivation of Liberty Safeguards IMCAs

Tel.: 01375 391411  
Email: [advocacy@thurrockmind.org.uk](mailto:advocacy@thurrockmind.org.uk)

#### **COUNSELLING & GROUPWORK SERVICE**

Tel.: 01375 391411  
Email: [counselling@thurrockmind.org.uk](mailto:counselling@thurrockmind.org.uk)

#### **DAY SERVICES**

Community Bridge Builders  
Befriending Volunteers  
Drop In Activities

Tel.: 01375 380233  
Email: [reception@thurrockmind.org.uk](mailto:reception@thurrockmind.org.uk)

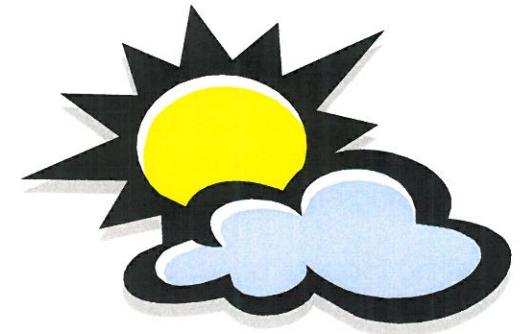
### **Thurrock Mind**

152 Bridge Road, Grays, Essex RM17 6DB

Tel.: 01375 391411  
Fax: 01375 389793  
[www.thurrockmind.org.uk](http://www.thurrockmind.org.uk)

Registered Charity Number 1106452  
Registered Company Number 5256793

## **Thurrock Mind** AFFILIATED LOCAL ASSOCIATION



## **COUNSELLING & GROUPWORK SERVICE**

**BACP Accredited Service**  
**Membership No. 102007**



**For better  
mental health**

# Thurrock Mind

## Counselling & Groupwork

### What is Counselling?

Counselling offers you a safe, private, confidential and caring space to explore issues, emotions and feelings that have come about as a result of various life events. This is carried out in an environment that is honest, understanding and free from judgement.

Counselling focuses on empowering the individual, learning to listen to oneself, fostering an inner strength, respect and truer sense of self. The positive effects of this can boost confidence, lift depression, alleviate anxieties, minimise stress, and diffuse anger.

Counselling may involve a few sessions over a number of weeks, or might be a much longer relationship, over a period of several months. In the first instance you would meet with a counsellor for an initial session to assess whether or not you felt able to work together.

‘Counselling can help you tackle your fears, overcome barriers, and move forward in your life.’

- The counselling at Thurrock Mind incorporates a number of different working modalities or interventions, i.e. Cognitive Behavioural Therapy, Person Centred, Psychodynamic, Transactional Analysis, Solution Focussed, Gestalt.
- Each client at Thurrock Mind is allocated a specific time slot weekly, and will see the same counsellor.
- The counselling at Thurrock Mind is carried out on a one to one basis. However, if you are accompanied to our premises we do not have designated waiting areas for friends and relatives.

### Groupwork

If you are feeling stressed, anxious or lacking in confidence or perhaps have a problem controlling your anger or are in need of some relaxation . . . Thurrock Mind also offers a series of groupwork programmes that enable you to meet with like-minded people and work through your issues in a group environment.

The groups at Thurrock Mind are psycho educational incorporating CBT principals and run for a period between 8 and 12 weeks.

If you require further information we have leaflets on all of our services, available upon request.

- When we receive your referral, we will send you a pre-counselling/groupwork questionnaire. Your name will be added to our waiting list once this has been completed and returned.
- If you are considering undertaking a course of counselling or groupwork, it is important that you are able to make a serious commitment and where possible attend all of your sessions. If you are unable to attend for any reason we do appreciate at least 24 hours notice.

### Accredited

Thurrock Mind is an organisational member of the British Association for Counselling and Psychotherapy and our counselling service is BACP Accredited.

We are bound by the BACP ethical framework for good practice and we are subject to the professional conduct procedure therein.

The service at our centre is free. We would however appreciate a donation, wherever possible, towards the cost of your counselling. Donation boxes are located in each of our counselling rooms. No one will be refused counselling on financial grounds.

**Our counselling days are:**  
**Monday -Thursday 9.00am—9.00pm**  
**Friday 9.00am—5.00pm**  
**Saturday 9.00am—1.00pm**

*Provision has been made for wheelchair access and disabled parking. We also have access to interpreters upon request.*