

How does Talking Connections work?

When we receive your referral you will receive a letter of confirmation stating that you have been placed on the waiting list of approximately 12 weeks.

Appointments are offered to clients in the order in which they are received. There are no priority appointments.

Cost

Our service utilises a number of professional counsellors who volunteer their time to help support individuals in need of counselling services at a cost of £10 per session.

MHM Wales is a charity that aims to support everybody who comes to us for help. This is a non-profit making service and we only charge this small fee to help recover the admin, utility and volunteer costs of each session.

The Counselling Service is not an emergency service

Tel: 01656 649 557 / 651 450

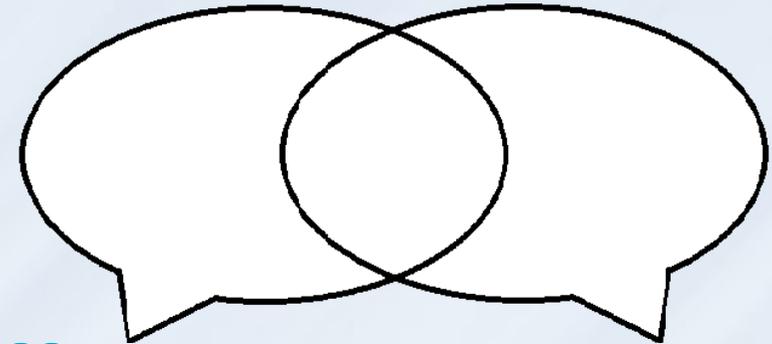
Fax: 01656 768 775

Email: talkingconnections@mhmwales.org

Write to: Talking Connections, MHM Wales, Union Offices,
Quarella Road, Bridgend. CF31 1JW



MHM Wales



TalkingConnections Counselling

MHM Wales provides a low cost counselling service for anyone with emotional or mental health issues looking for help and support.

MHM Wales, Union Offices, Quarella Road, Bridgend. CF31 1JW

Tel: 01656 651450 | Email: admin@mhmwales.org

Website: www.mhmwales.org

Registered Company Number : 6468412 | Charity Number: 1123842

What can counselling offer you?

Talking about your problems with people improves your bond with them and helps to build self-esteem.

Getting things off your chest helps you feel better about yourself and makes life more enjoyable.

Our counsellors are trained to offer various talk-based therapies, and taking part in counselling gives you a greater degree of self awareness and understanding of yourself and others.

Counselling can help improve interpersonal relationships and help you to address problems in a positive way. Talking over issues with others helps to clarify issues and explore options that you might not have previously considered.

Professional Standards and Confidentiality

Talking Connections adopts the Code of Ethics & Practice of the British Association for Counselling and Psychotherapy (BACP) (www.bacp.co.uk) and counsellors receive regular confidential clinical supervision for their work.

The service is entirely confidential. No-one will be informed about your sessions with the counsellor, nor will any form of feedback be supplied or will any report written be forwarded on your sessions. What you say to the counsellor is strictly confidential. There are exceptions to this confidentiality agreement however, which the counsellor will discuss with you at your first session.

Self Referral Form

Name				
Date of Birth			Age	
Address				
Post Code				
Telephone				
May we leave an answerphone message?		YES		NO
Reason for Referral				
Further information / Other services involved				
GP Name and Surgery				

Please return completed forms to:

Talking Connections

MHM Wales, Union Offices, Quarella Road, Bridgend. CF31 1JW

or email to: talkingconnections@mhmwales.org