

How to access our service

- Self referral - you can telephone us to discuss your needs
- Other agencies can refer you to us

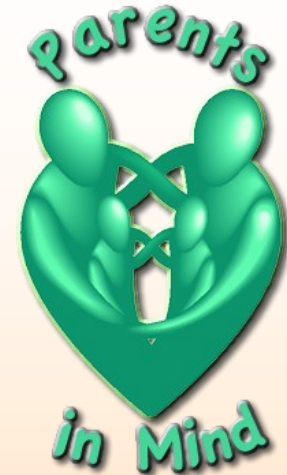
In all cases it is necessary for you to know that you are being referred to our service and that you want to engage in counselling.

Mental distress is experienced by 1 in 4 people and affects every age, gender and social group.

We all need help at times when we feel overwhelmed.

Seeking support is a sign of strength.

North Staffs Mind has been promoting positive mental health and providing counselling and support services for over 30 years.



A flexible counselling and support service for parents

Stoke-on-Trent, Newcastle-under-Lyme
&

Staffordshire Moorlands



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Reg. Charity Number 700788
Company Ltd by Guarantee 2294089



Who are we?

We are a small team of fully qualified counsellors with a wide experience of parenting and mental health issues.

When a parent is depressed or anxious children often lose out as our parenting ability may be affected.

Our aim is to help individuals to identify the roots of the issues they are struggling with so that they can work towards improving their mental health and parenting ability.

Who will we work with?

We will work with all parents including step-parents and those parents working towards children being returned to their care.

Our service is for parents experiencing emotional distress who find it hard to use other services. Reasons for such difficulty can include:

- Mobility problems
- Severe anxiety
- Social/geographical isolation

What is emotional distress?

Emotional distress may show as:

- Depression
- Anxiety
- Stress

Causes of emotional distress can include:

- Pre and post-natal issues
- Family relationship problems
- Loss
- Drug/alcohol issues
- Financial worries
- Domestic violence
- Health/disability concerns
- Attachment issues



What do we offer?

We offer a free and confidential counselling service which can involve one to one and/or group support.

Where we cannot help (eg; financial concerns) we may be able to point you to someone who can.

We also offer telephone support where appropriate.

We provide an accessible service for clients by using venues near to their home.

In exceptional circumstances we may offer counselling within the home environment. This will be decided at first contact and in agreement with the counsellor.

Our service is also available for parents who do not have accessibility issues but require parenting support as part of their counselling.