



Living Well North Tyneside

Supporting Health and Wellbeing

Counselling and Psychotherapy

Counselling and Psychotherapy are talking therapies. The basis of counselling and psychotherapy is the relationship that is established between the person being supported and their counsellor or psychotherapist. It is essential that the person being treated feels safe and that his counsellor is trusting and non-judgemental and that the person feels they will be met with respect, sensitivity and understanding so that they are free to speak about whatever is on their mind and make a recovery.

What is Counselling?

Counselling supports and enables the development of greater personal resilience. Taking a here and now focus, it can help to reduce anxiety and depression and negative thinking so that there is greater freedom to think through problems and find solutions and make a recovery. Counselling focuses on supporting our strengths and using these to develop new strategies so that we can find solutions to difficulties. It can help with a wide range of needs from anxiety and depression to relationship difficulties.

What is Psychotherapy?

Psychotherapy helps us to make changes that are deep and long-lasting. Taking a dual focus that looks both at our current situation and also any past circumstances that may be connected with it, it is possible to identify preferred patterns and preferences that take charge of our life even when we don't want them to. This heightened understanding helps make it possible to change these patterns. In the process of making these changes people often re-discover parts of themselves that have become lost or overlooked over time. They develop new personal qualities and strengths and are able to build a richer and more satisfying life

Which one is Right for Me?

If you are unsure about choosing between Counselling and Psychotherapy we will help you talk it through and come to a decision about what you feel will work best for you. We believe it is usually better to start small and progress from there

if that is what is needed your never alone with Anxious minds.

Please ONLY apply for 1-1 Counselling and Online Counselling Sessions if you can commit to attending scheduled sessions. Non-attendance at scheduled sessions reduces the availability of sessions for our members and has a cost to the charity, missing a session without letting us know and you will be removed.

Cost of the service

Anxious Minds runs a low-cost counselling service which is provided by a team of **BACP Registered Counsellors**.

We ask £20 per session for this service



mental health | depression | anxiety | counselling | psychotherapy | talking therapies | low cost



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