

## How can I access this service?

We'd love to hear from you. Please visit our website to complete a referral form or contact [ypcounselling@bucksmind.org.uk](mailto:ypcounselling@bucksmind.org.uk) or call **01494 771131**.

For young people aged 13 to 16 years, we will require a parent/guardian to complete the form. Young people aged 17 to 21 years can self-refer.

## Data Protection

The privacy and security of young people seeking counselling are of utmost importance to us. We adhere to strict data protection practices to ensure the confidentiality of their information. All data collected, including personal details and session notes, is stored securely on encrypted servers with restricted access. Our Counselling Team undergoes regular training to maintain the highest standards of data protection and confidentiality.

We never share any sensitive information without explicit consent from the young person and their parent/guardian.

## Further Information

To make enquiries or request further information about any of our Counselling Services, please email [counselling@bucksmind.org.uk](mailto:counselling@bucksmind.org.uk) or call **01494 771131**.

To complete an online referral form, please visit: [www.bucksmind.org.uk/services/counselling-services](http://www.bucksmind.org.uk/services/counselling-services)



### Contact Us

We are here to help and support you. Please get in touch, we'd love to hear from you.

**01494 463364**

[info@bucksmind.org.uk](mailto:info@bucksmind.org.uk)

[www.bucksmind.org.uk](http://www.bucksmind.org.uk)



[www.facebook.com/BucksMind](https://www.facebook.com/BucksMind)

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 mind Buckinghamshire

**Counselling Services**

Buckinghamshire Mind is affiliated to national Mind and is quality assured under the Mind Quality Mark. Buckinghamshire Mind (Buckinghamshire and East Berkshire Mind) is a Registered Charity (No: 1103063) and a Company Limited by Guarantee (No: 05000185).

We provide high quality one-to-one counselling to adults and young people, aged 13 to 21, with a variety of mental health needs.

Our service is an organisational member of the British Association of Counselling and Psychotherapy and our counsellors adhere to and work within the BACP Ethical Framework for the counselling professions.

## Counselling for Adults

We work with people who are experiencing anxiety, depression, loss, relationship issues, difficulties with anger, recovery from traumatic events or are struggling to cope with the pressures of life.

### Who is this suitable for?

We offer counselling to people over the age of 18 who live in Bucks. Our service may not be suitable for some people, but this will be decided between the counsellor and the individual during the initial appointment.

We can also work with organisations to provide counselling for employees. For more information, please contact [counselling@bucksmind.org.uk](mailto:counselling@bucksmind.org.uk)

### What can I expect?

Face-to-face and online appointments (using a secure link) are available. You will be offered an initial appointment to ensure that our service is suitable for you. Following this, you will be allocated a dedicated counsellor and offered weekly counselling sessions, each lasting 50 minutes. There is a short waiting list for this service.

We also offer a Rapid Access service for adults, providing more prompt appointments. Please see details below.

“Outstanding, helpful professionals that truly care. I would recommend 10/10; excellent organisation.”

### Fees

Buckinghamshire Mind’s Counselling Service is self-funding and, for the service to continue, it is necessary to charge a fee. For assessment and per counselling session, a fee of between £25 and £40 will be agreed.

### How can I access this service?

If you would like to refer yourself to our counselling service, we’d love to hear from you. Please visit our website to complete a referral form or email [counselling@bucksmind.org.uk](mailto:counselling@bucksmind.org.uk) or call us on **01494 463364**.

## Rapid Access Counselling for Adults

This service offers flexible times and number of sessions to suit your needs, including appointments at lunchtimes and evenings.

### Who is it suitable for?

Would you like to have counselling but would struggle to fit it into your busy schedule? If so, our Rapid Access service is ideal for you.

### What can I expect?

Our Rapid Access Counselling Service provides one-to-one counselling delivered **online** via a secure link by a qualified and experienced counsellor.

Stress management sessions are available to help with self-development, leading to advanced skills, improved self-esteem and greater confidence. The emphasis of this type of counselling is on self-awareness to help you achieve your highest potential.

### Fees

Buckinghamshire Mind’s Counselling Service is self-funding and, for the service to continue, it is necessary to charge a fee. There is a fixed fee for assessment and per counselling session is £55.

### How can I access this service?

We’re here to listen and would love to hear from you. Please visit our website to complete a referral form or email [counselling@bucksmind.org.uk](mailto:counselling@bucksmind.org.uk) or call us on **01494 463364**.

## Counselling for Young People

Our service offers compassionate and confidential support to young people aged 13-21 who are facing emotional and mental health challenges. Our professional counsellors provide a safe space to explore feelings, build coping strategies and foster personal growth.

### Who is this suitable for?

Our service is for young people aged 13 to 21 who live in Bucks.

### What can I expect?

You can expect a supportive, non-judgmental environment where our counsellors actively listen, collaborate, and help develop coping strategies and emotional resilience. You can choose between convenient face-to-face and online (using a secure link) counselling appointments.

You will be offered an initial appointment to ensure that our service is suitable for you. Following this, you will be allocated a dedicated counsellor and offered weekly counselling sessions, each lasting 50 minutes.

Please be aware that due to high demand for this service, there may be a waiting list for ongoing counselling.

### Fees

This service is free.