

Aim of the project.

To provide therapeutic counselling which will help to improve coping strategies and resilience for people who are experiencing mild to moderate mental health difficulties.

What's in it for you?

- To give people the opportunity to explore their difficulties with a trained counsellor and learn new techniques for dealing with their difficulties
- To improve coping strategies and self esteem to enable confident and assertive decision making
- To assist people to make decisions and take actions which could help bring changes in their lives.



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Cwm Taf Morgannwg Mind is a registered charity - No. 1123615

Counselling

 **mind**
Cwm Taf
Morgannwg

What is Counselling?

Overview of the Project

The counselling - Talk to Me project provides a service for people who are experiencing mild to moderate mental health difficulties within Merthyr Tydfil and Rhondda Cynon Taf. We aim to provide therapeutic counselling which will help to improve coping strategies and resilience for people experiencing mild to moderate mental health difficulties.

Counselling can help with issues such as:-

- Depression
- Anxiety
- Stress
- Panic attacks
- Phobias
- Self esteem
- Interpersonal/relationship difficulties living/welfare issues
- Work/academic difficulties
- Debt
- Bereavement etc.

"I found it very useful to gain control of my life again"

About Counselling

What you can expect

- A confidential service in a safe environment
- Improved emotional wellbeing
- Help in learning new coping skills
- Help with planning your future and what to do when things get tough
- Support to help you stay well

All counsellors work within the British Association for Counselling and Psychotherapy (BACP) code of ethics.

Access to the Project

Please ask your GP for a referral to your local Primary Care Mental Health Service for a counselling assessment.

"I value the support I have been given and don't believe I would have improved as quickly or at all without it"