

What is Counselling?

By working with a professionally trained therapist counselling helps you to explore and manage what is happening in your life.

Counselling can sometimes be helpful in clarifying our problems and challenges, clarify changes we would like to make, gain fresh perspectives, consider the consequences of various options and acknowledge the impact of life events on our emotional well being.

Counselling can help us to understand situations, review the options and decide upon actions. People often find that knowing they have a plan that they have considered carefully from all angles, improves self-confidence and optimism about the future.

Counselling is a specific arrangement between you and your counsellor. It will be confidential except in exceptional circumstances. Counselling is not about making judgements: the counsellor will accept you for who you are regardless of your status, lifestyle or whatever issues you face.

Counselling Fees

The fee that a client pays to receive counselling from Hunts Mind is £30 per session, if finances are difficult these fees can be negotiated. The fee will be agreed prior to counselling beginning and will be dependant upon personal circumstances.

No client will be refused counselling due to inability to pay; this will be discussed with the client during the initial assessment meeting.

Who Are Our Counsellors?

Hunts Mind Volunteer Counsellors are either qualified or counsellors in training, completing a recognised Diploma in Therapeutic Counselling. All counsellors who work for Hunts Mind are in supervision with the agency's supervisor and an external supervisor. This ensures all work is safe and appropriate.

The counsellor's role is to facilitate your work in ways that respect your values, personal resources and capacity for choice within your own cultural context.

Professional counsellors have been shown to be particularly effective in helping, especially in difficult or sensitive situations. They are independent, neutral and professional and they respect privacy and confidentiality.

Your counsellor will:

- Listen to what you have to say
- Enable you to express your feelings
- Help you to explore and understand your difficulties
- Help you to try and find ways to manage these effectively

Results of Counselling

It has often been found that individuals who have engaged in the counselling process find that counselling has been a positive experience and helped them to develop:

- confidence and self-esteem
- skills that were useful in coping with everyday life
- social networks and make friends
- how to manage crisis
- a sense of purpose after a period of difficulty in life

- acceptance of their selves and others

Referral Process

- Self Referral
- General Practitioner
- Word of Mouth

Hunts Mind's

Mission statement

Hunts Mind's mission is to support people who experience mental ill health to take control of their lives through the provision of a range of services and opportunities that promote independence and choice.

Quality statement

Hunts Mind has adopted Mind's values and principles and is committed to providing quality services that anticipate, meet and exceed the needs of service users, workers and other stakeholders.

How to Contact Us

By Telephone:
Monday and Tuesday
 The Maple Centre
 6 Oak Drive
 Huntingdon
 PE29 7HN
 01480 420611

By Telephone:
Monday to Friday
 The Limes
 24 New Street
 St Neots
 Cambridgeshire
 PE19 1AJ
 01480 470480
By Fax:
 01480 470484

By Email:
enquiries@huntsmind.org.uk

Hunts Mind

Company No: 3949645



For better
 mental health

Hunts Mind

Counselling Service



This fee paying service offers time limited counselling of up to 12 sessions

We always have a team of up to 20 Counsellors available to deliver counselling at our two venues in Huntingdon and St Neots

Reg. Charity No: 1084452

