Our service is available to individuals aged 18 and over through self referral, a GP referral or through other agencies that support you. All referrals should be emailed to-admin@nottinghamshiremind.org.uk

Or alternatively, sent via post to the address below. All referral forms are available on our website- www.nottinghamshiremind.org.uk

Get in touch with us:

Nottinghamshire Mind
Registered Office
6 Hardy Street
Worksop
S80 1EH

t: 0800 470 0203
admin@nottinghamshiremind.org.uk
www.nottinghamshiremind.org.uk
twitter.com/Notts_Mind

Registered charity number: 1180345



Counselling and Psychotherapy

mind for better mental health | Nottinghamshire

Counselling at Nottinghamshire Mind...



At Nottinghamshire Mind we aim to provide you with a counselling experience that will support you to understand your psychological and emotional well being and to find ways of coping.

We provide a highly professional and ethical counselling and psychotherapy service.

Our therapists have all received thorough recognised training and all abide by the Ethical Framework of the British Association for Counselling and Psychotherapy (BACP). This ensures that the service we provide is safe, ethical and confidential.

Further Information...

Counselling sessions are available in Mansfield, Worksop and Newark.

Our comfortable and relaxed therapy rooms aim to make you feel supported and safe, to share with your counsellor the issues in your life that are causing concern.

Counselling sessions last for 50 minutes and cost £12.50 if you are un-waged and £20 if you are waged.

Initial assessments will be carried out by our Counselling and Psychotherapy Lead Paul Gilbert and cost £6 if you are un-waged and £10 if you are waged.