



Confide

Counselling Service

Confide was established 26 years ago to make counselling more widely available, particularly for people on low incomes. Statistics show that 1 in 4 of us is likely to experience a mental health condition at some point in our lives. Our counsellors help people to get a deeper understanding of their difficulties by exploring their thoughts and feelings, both past and present and then supporting them to bring about change and improve their wellbeing.

We see clients aged 16+ suffering with mild to moderate mental health problems like anxiety and depression. Typical problems that people present with include bereavement, relationship difficulties, trauma, family issues, confidence and self-esteem problems, work-place issues and stress.

FAST TRACK - Our Fast Track Service ensures that people are seen quickly. Also appointment times can be better tailored to individual needs. An initial appointment, to explore whether or not counselling is likely to be helpful, will normally be offered within 2 weeks of applying.

LOW FEE - Our Low Fee service operates on a scale of fees depending on your income and personal circumstances. There is normally a waiting list for this service, the length of time varies.

NHS CONTRACTS - We have a contract with the local Clinical Commissioning Group under which GPs in Shropshire can refer patients to us for short-term counselling. We also provide managed counselling services to individual GP practices.

EMPLOYEE COUNSELLING - We have contracts with several local employers to provide counselling for their staff who are able to access counselling quickly when they need it.

Contact Details:

Confide Counselling Service

The Roy Fletcher Centre, 12-17 Cross Hill, Shrewsbury. SY1 1JE

enquiries@confide.org.uk 01743351319 www.confide.org.uk

Open 10.30 -5.00pm Monday to Friday . Evening appointments are available.