

Counselling Assessments

Weekly at the M.h.I.S.T.
office

Other services which
M.h.I.S.T. provides are:

- O.C.D. support group
- Self harm support group
- Depression support group
- Mental Health Advocacy
- Relaxation group
- Craft and Social Afternoon
- Music workshop
- Bipolar Self help group
- Reiki Therapy
- Internet access and



Contact us at:

01204 527200

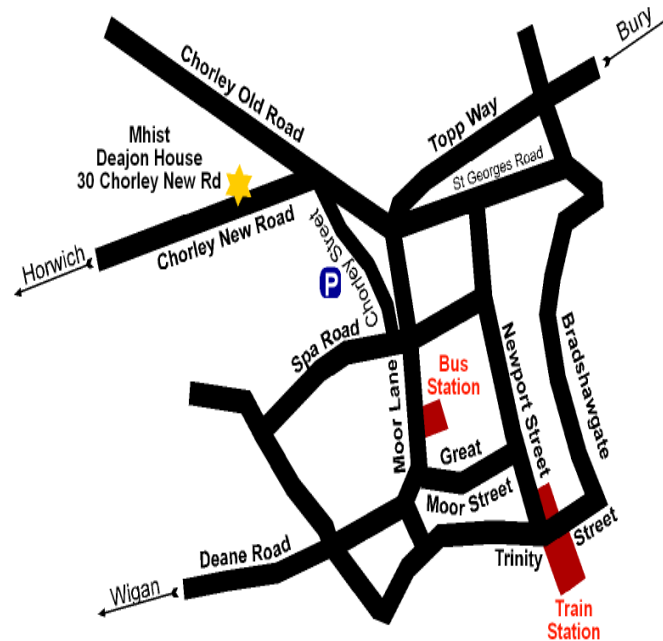
M.h.I.S.T.

30 Chorley New Road

Bolton

BL1 4AP

Our office is open weekdays from
10:00am till 1:00pm



Fax: 01204 528311

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help@mhist.co.uk

MhIST is a registered charity number 1130152 and is registered in Cardiff
as a company limited by Guarantee No. 4128980



Counselling Service



Many of us experience times in our lives when we feel under pressure and find it hard to cope, either as a person who experiences mental health problems or as a carer. Sometimes we need the support and understanding of someone who can offer another perspective, helping us to see a fresh insight, and clearer view.

Counselling is essentially a lively human and personal experience, because of this counselling is not always an easy process and can entail delving below the surface and talking about things that you may not be comfortable with and may never have spoken about. It is however this process of self disclosure that may help you move toward greater personal awareness and personal growth and to move towards finding more effective ways of coping with life.

Counselling, is not about solving problems for you, or about giving advice. Counselling can help you clarify your thoughts and your feelings so that you can arrive at your own decisions.

[The MhIST Counselling service](#)

Assessments are arranged by GP referral or through other mental health workers.



Assessments take place on a weekly basis, this is an informal meeting with the counselling coordinator which gives you the opportunity to discuss your circumstances and your personal requirements from the counselling service.

[About our counsellors](#)

Our team of volunteer counsellors are all qualified or in the final stages of professional qualification. They are all very sensitive to the special needs of people who experience mental health problems.

The team can offer a variety of theoretical approaches including CBT, which is widely held to be the most beneficial method of counselling for people who are experiencing depression.

[There is no charge for the counselling service.](#)

