

What is Psychotherapy?

Psychotherapy involves talking, in a safe place, to a trained professional to help you explore your concerns, thoughts and feelings and improve your mental health. You may feel that what you're experiencing isn't serious enough to get help or feel unsure about the kind of support that psychotherapy can offer. But anyone can benefit from becoming more aware of how they see the world and why.

What Psychotherapy Can Help With.

You don't need to be in crisis or have a diagnosed mental illness to have psychotherapy. It can help you with emotional or mental health problems, including:

- ✓ *Addiction*
- ✓ *Anxiety*
- ✓ *Feelings Around Loss*
- ✓ *The Effects of Abuse*
- ✓ *Feelings of Depression*
- ✓ *Eating Issues*
- ✓ *Disorganised Thoughts*
- ✓ *Empty Nest Feelings*
- ✓ *Lack of Confidence*
- ✓ *Family Tensions*
- ✓ *Low Moods*
- ✓ *Obsessive Behaviour*
- ✓ *Self-Harm*
- ✓ *Sustaining Relationships*
- ✓ *Self-Image*
- ✓ *Recovering From Stress*
- ✓ *Self-Identity/Retirement*
- ✓ *Unemployment*

How Will Psychotherapy Help Me?

Psychotherapy recognises the lasting impact of trauma. This is when stressful events that you experience or witness make you feel unsafe, helpless or vulnerable. You will work with one of our highly trained therapists who all have over 20 years experience, in a safe and supportive environment to think about what has happened to you, not what is wrong with you.

Our focus is on compassion, listening and understanding rather than making a diagnosis. Psychotherapy can support you to; heal from trauma, tolerate differences in yourself and others, change the way you think and behave to improve your mental and emotional wellbeing and much more.

How to Access our Psychotherapy Service

We accept referrals from; GP's, CMHT and Self-Referrals

Please telephone 0207 055 0808

Or e-mail needtotalk@careinmind.org.uk

Please provide your name, address, phone number and e-mail address or you can download a referral form from our website: www.careinmind.org.uk