

# Craigmillar Counselling

Counselling and support for people living in Craigmillar

[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)



## Who is this service for?

Anyone aged 18 or over, living in the Greater Craigmillar area, who feels in need of support.

## What does it involve?

We provide a safe place for you to talk in confidence to a trained counsellor. They will listen and provide support and advice to enable you to regain control of your life and to move forward. They may also signpost you to other services that could help.

## How long does it take?

Counselling appointments generally last up to one hour and you could be offered up to 12 sessions, depending on your needs and circumstances.

## How can I access this service?

To make an appointment please contact **Helen** on **0131 225 8508** or **[helen2@health-in-mind.org.uk](mailto:helen2@health-in-mind.org.uk)**

## Further information

To find out more about Craigmillar Counselling or other talking therapies, please call us or visit our website [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

"I felt like I was trapped in a vicious circle and had no way of changing how depressed I was feeling.

I now know ways I can stop this and have tools to help me manage my feelings."