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## Talking Therapies

Providing a confidential,  
safe place to talk.

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



**“My counsellor was exceptional in listening, asking appropriate questions and helping me come to terms with the difficult situations I have encountered.”**

**“I cannot stress enough my infinite gratitude for my counsellor’s time and input into my situation and cannot imagine where I would be had I not contacted this service.”**

# Everyone has the right to live a full and satisfying life. We can provide tools, information and support to help you to cope with life's challenges and live the life that you want to live.

During difficult times, talking through your thoughts and feelings can help you to explore what can be done to turn things around. Talking therapies take various forms and can help you to take greater control of your life and improve your confidence.

Talking therapies involve speaking with someone who is trained to help you to deal with your negative thoughts and feelings and explore the affect they have on your behaviour and mood. Together, you will find ways of making changes that will enable you to develop a more positive lifestyle.

**Counselling** is currently available in the following areas:

**Edinburgh** – specialist counselling for adult survivors of **childhood sexual abuse**.

**Craigmillar** – general counselling for anyone in distress and in need of emotional support.

**Scotland** – Trauma Counselling Line Scotland is a free, national telephone counselling service for adult survivors of childhood abuse. Call **08088 020406**.

**Guided self-help** is effective for people experiencing mild to moderate anxiety, depression, stress or insomnia and is accessible via GP referral.

Over a series of four sessions, a trained practitioner will guide you through self-help materials tailored specifically to your needs, enabling you to develop coping strategies to manage your concerns.

## **Trauma Support Services**

If you have experienced trauma in your life, we can provide practical and emotional support which will focus on your day to day experiences, such as dealing with administrative tasks, getting out and about and overcoming social anxiety. For further details please see our Trauma Support Services leaflet.

## You can make a difference

People who use Health in Mind’s services also help to shape them, ensuring that we continue to identify and meet need using creative and innovative approaches.

Our professional and trusted support staff and committed volunteers work in partnership to deliver a unique mix of services and training to promote mental health and wellbeing. Please contact us for current recruitment and volunteering opportunities.

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### Get in touch with us

For further information on Talking Therapies or any of Health in Mind’s services, volunteering and employment opportunities or our feedback/complaints procedure please contact us at:

**Health in Mind**  
**40 Shandwick Place**  
**Edinburgh EH2 4RT**

**0131 225 8508**  
**contactus@health-in-mind.org.uk**  
**www.health-in-mind.org.uk**

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Please note that our office in Shandwick Place does not have a lift and is situated on the first and second floors. If you have restricted mobility, please contact us for further information and assistance.

**Access mental health and wellbeing information online:**  
[www.edspace.org.uk](http://www.edspace.org.uk) (Edinburgh)  
[www.midspace.co.uk](http://www.midspace.co.uk) (Midlothian)  
[www.eastspace.org.uk](http://www.eastspace.org.uk) (East Lothian)

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