

To apply please call:

Caroline Mayall
Counselling Service Co-ordinator

Thursday: 2.30pm - 5.30pm
Friday: 12.30pm - 5.30pm

South Somerset Mind
The Markwick Centre
Dampier Street
Yeovil
Somerset
BA21 4EN

Telephone: 01935 410138

Caroline sees clients for assessment before allocating them to the most suitable counsellor.

Caroline is a qualified counsellor in transpersonal and psychodynamic approaches.

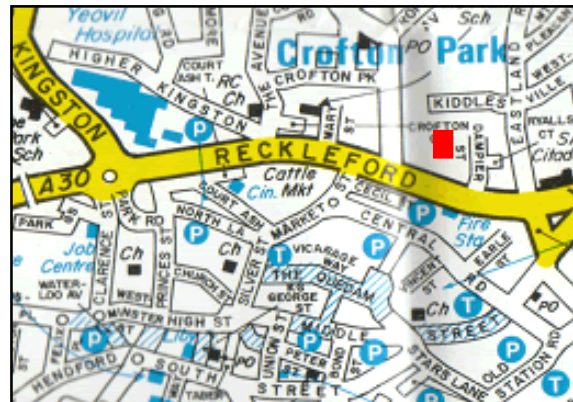
Caroline has been working for South Somerset Mind since 1985 and has considerable counselling experience.

Services available:

- ✓ Drop-in facility
- ✓ Befriending service
- ✓ Volunteering
- ✓ Support groups

Our aims:

- ✓ To promote better mental health
- ✓ Lessen isolation
- ✓ Provide services as an alternative to statutory provision
- ✓ Promote the rights of individuals
- ✓ Promote social inclusion through self help and support



South Somerset Mind



Counselling Service



For better
mental health

Supported by



Registered as Charity No. 291197

Our story so far :

In 2000 there was a perceived gap in the services for those who needed counselling but who could not afford private fees. Some people could not access GP counsellors or were in need of longer term help than GP practices provide.

There existed a large potential of developing expertise and ready enthusiasm in trainee counsellors and psychotherapists working towards BACP accreditation.

South Somerset Mind sought to bring together both needs in the formation of this service.

We began in April 2000 as a one year pilot scheme, we are now funded by the National Lottery and celebrate our 5th anniversary in April 2005.

South Somerset Mind offers :

- ✓ Short / medium or longer term help on a one to one basis
- ✓ Weekly sessions (50 - 60 mins)
- ✓ Free initial assessment
- ✓ Clients pay £3.50 per session



Our clients may need help with :

- ✓ Crisis support
- ✓ Relationship / attachment problems
- ✓ Resolving early trauma and 'unfinished' past experience
- ✓ Exploration of personality and self development
- ✓ Personal response to life's natural times of greater demand

Clients may be experiencing loss, upheaval and states of rigidity, limbo or change.