



For better
mental health

NEED - It is a shocking fact that 1 in 4 people will be affected by mental illness during their lifetime. Even if it is mild to moderate it can ruin lives.

Stress, anxiety and depression are not new, but modern life is faster and more competitive than in days gone by. Inevitably there are casualties. Lancashire also has special problems including some of the most deprived areas in the UK, the highest prescription rates for antidepressants (in Blackpool) and the County is disproportionately affected by redundancies - and the fear of redundancies - due to the economic downturn. It also affects living standards - bringing money worries to many. As a result more and more people are adversely affected by stressful life situations.

Talk therapy is widely acknowledged as being effective and preferable to drug therapy, which too often has been the prescribed response. Drugs often treat the symptoms rather than the cause of mental illness. The need is to give Counselling a chance before resorting to medication with all the associated disadvantages - and often the lack of a lasting remedy.



The Head Office of Lancashire Mind

OUR RESPONSE - The Lancashire Mind Counselling Service (LMCS) is a credible and professional response to the needs of those suffering mild to moderate mental illness. It will comprise a Panel of approved Counsellors able to pursue person-centred, psycho-dynamic, cognitive, integrative and other approaches.

All counselling offered by LMCS will be monitored for quality and effectiveness. Our service is a flexible and can be accessed by clinical or self-referral for single or multiple sessions. Each client will be allocated to an approved panel-member expert on the presenting issue. It is also available to caring employers in support of their staff. LMCS is a professional service to be headed by a Chief Counsellor. It incorporates a number of prudent safeguards, not available in support of private Counselling.

COST - each session will cost £35 and payment will be taken upon allocation of appointment via Visa/Debit Card.

WHO WE ARE - Lancashire Mind Ltd has been formed by merging and expanding long-established Mind charities based in Chorley, Blackburn and Blackpool. It is a registered charity (number 1081427) providing a range of County-wide services, to meet the needs of those whose lives can be shattered by mental illness. It is governed by a Board of Trustees and is affiliated to national Mind. Lancashire Mind also operates a number of services commissioned by public agencies and is expanding in response to mental health and economic pressures affecting an increasing number of people throughout Lancashire. For further details of our services, please visit www.lancashiremind.org.uk.