

Lothian Deaf Counselling Service

Health
in Mind

Supporting people in Edinburgh,
East Lothian, Midlothian and West Lothian

With your mental health at heart



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- 🐦 [@Health_in_Mind](https://twitter.com/Health_in_Mind)

Health in Mind is a charity promoting positive mental health and wellbeing in Edinburgh and the Lothians.

How we can help

About Health in Mind

We've been promoting positive mental health and wellbeing in Scotland since 1982. Our hopeful and caring approach supports and empowers each person to live the life they want to live. We offer flexibility and choice through our range of services and support people to make changes and improve their quality of life.

Services

People who use our services also help to shape them, ensuring that we continue to identify and meet need using creative and innovative approaches.

Our approach is inclusive and we are keen to break down the barriers which prevent people from accessing resources that could improve their mental health and wellbeing.

We offer a range of support in Edinburgh and the Lothians including one-to-one, group and community-based supports, self-management activities, information services and talking therapies.

To keep up-to-date with service please refer to our website www.health-in-mind.org.uk.

Training

Our training courses develop knowledge, skills confidence and understanding about mental health and wellbeing.

We offer a range of nationally recognised, certificated courses including Scotland's Mental Health First Aid and ASIST.

We specialise in Trauma Training and offer training at three levels. We also offer in-house and bespoke training in the workplace.

Further information about our training courses can be found on our website or by contacting our training team.

Email:

training@health-in-mind.org.uk

Call: 0131 225 8508

www.health-in-mind.org.uk

Lothian Deaf Counselling Service

What do we provide?

Lothian Deaf Counselling

Service provides a free face-to-face confidential counselling service for those aged 18 or over who are Deaf, deafened, hard of hearing or deafblind throughout Lothian.

We offer counselling in British Sign Language (BSL without interpreter) and also in English. A personal loop system and communication in written English are available for people who are deafened or hard of hearing.

What is counselling?

Counselling is a confidential and supportive relationship with someone who is trained and experienced in helping people talk about the difficulties they are experiencing in their lives, and helps to build trust and overcome personal challenges to take greater control of life.

Who are the counsellors?

One of our counsellors is Deaf and uses BSL and the others have extensive experience of working with deaf and hard of hearing people.

How do I access the service?

You can self-refer or be referred to the service by your GP, Social Work, Audiology, Community Mental Health Team or other health professionals.

The referral from can be downloaded from our website.

Service contact information

Call: 0131 225 8508 (voice)

Text: 07786202875
between 9am to 5pm,
Monday to Friday.

Email: deafcounselling@health-in-mind.org.uk

A BSL video about this service can be found on the service page on our website.

The counselling usually takes place in our Health in Mind office in Central Edinburgh, but we can have a chat about an alternative venue if this doesn't suit.

Health in Mind
40 Shandwick Place,
Edinburgh EH2 4RT

This free counselling service is provided by Health in Mind in association with NHS Lothian.

Health in Mind relies on donations and fundraising to provide support to people living in your local area.

To show your support please visit our website or call 0131 225 8508.

Get in touch

For further information on Health in Mind services, volunteering, employment opportunities, feedback/complaints procedures, or how you can support our work please contact us at:

-  0131 225 8508
-  contactus@health-in-mind.org.uk
-  health-in-mind.org.uk
-  40 Shandwick Place, Edinburgh EH2 4RT

Health in Mind is a charity registered in Scotland SC004128 and a company limited by guarantee, registered in Scotland SC124090. Registered office is at 40 Shandwick Place, Edinburgh EH2 4RT.