

# MINDLINE



.....Someone to talk to  
Someone to listen.....

**020 8853 1735**

Confidential  
Telephone  
Counselling  
Service

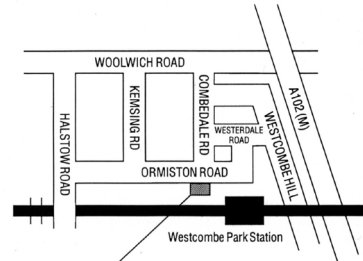
10:30am to 4.40pm



MEMBER OF THE  
TELEPHONE  
HELPLINES  
ASSOCIATION

*Quality & confidence for callers to helplines*

## Where to find us



Ormiston Road Centre

### **Buses:**

**108,177,180,286,422**

### **British Rail:**

**Westcombe Park**

**Greenwich Mind**

*Ormiston Road Centre*

*54 Ormiston Road*

*London SE10 OLN*

### **Administration:**

**020 8853 2395**

**[www.greenwichmind.co.uk](http://www.greenwichmind.co.uk)**

**uk**

# AFRICAN & CARIBBEAN COUNSELLING SERVICE



For better  
mental health

## GREENWICH MINDS AFRICAN CARIBBEAN COUNSELLING SERVICE

The African Caribbean Counselling service is a generic counselling service specially dedicated to serve the mental health needs of the people of Greenwich. Here at Mind we realise that every community, although similar and of equal status, may have varying needs both as an individual and as a group.



- **We aim** to match your needs as a client with a counsellor who speaks the same language or dialect as you do and comes from the same cultural background.
- **We realise** that not everyone wants this so this will be offered to you as a choice.
- **Referral:** if we cannot help you we will support you in finding an appropriate service. **Direct Referral:** ask for Naomi, African/Caribbean/Counselling Co-ordinator  
**naomi.sturdy@greenwichmind.co.uk**

### *What is counselling?*

*Counselling is a special confidential space where you will be listened to by someone who is sympathetic and understanding of whatever problem you wish to talk about.*

**Confidentiality;** when we talk about confidentiality we mean that mostly whatever you talk about with your counsellor will not be discussed outside of the counselling setting. This is unless there is a real threat to yours or a your child's or another person's well being. In such cases the relevant organisations would be contacted after your counsellor has tried to discuss with you.

**Many people** feel ashamed and isolated who suffer from mental illness/mental distress. Here at Mind we realise that anyone can be affected by these problems and it is important not to suffer in silence.

### Where we are based

**Greenwich** Mind

**Woolwich** Eglinton School, Burrage road

Surgery

**Plumstead** Library



### *Greenwich mental health*

**We realise** that there are limited resources for people of the African and Caribbean community in Greenwich who struggle with mental health. This service is free for all people who reside in the Greenwich community and are aged 18 and over.



**Besides counselling** we offer information on mental health and mental health resources. We also will run groups where you can be supported and share issues with people who may be going through similar experiences.

### **Languages offered**

Yoruba

Patwa (Jamaican)

Gaa

Lingala

Rutororo

Zulu

English

French