



For better mental health

Registered Charity #1085171
Registered Company #04124744

Counselling

for individuals
shielding due to
the pandemic

From Sept-Dec 2020, Bristol Mind is providing a specific free counselling service to individuals shielding as a result of the Covid-19 pandemic.

If you are shielding and feeling stressed, anxious, isolated or in need of support with your mental health, please do contact us.

We are primarily looking to provide this service to those in the Bristol wards/areas stated below, and those identified as higher risk, such as BAME residents and older individuals:

Avonmouth	Filwood	Lawrence Hill	Southmead
Barton Hill	Hartcliffe & Withywood	Lawrence Weston	St Paul's
East Hillfields	Knowle West	Lockleaze	Whitchurch Park

If you are interested in this service, please contact counselling@bristolmind.org.uk for a registration form. For this service we are accepting either self-referrals, referrals from family members, or referrals from agencies.

Please note that our general 'Meeting Minds' counselling service is not free but is low cost, and is self-referral only