

Counselling & Mindfulness Services in Nottinghamshire & Nottingham City

Service & Contact Details	Mindfulness	Counselling	Criteria	Cost	Referral Process
Nottingham Mindfulness Shaun - 0776 957 4063 www.nottinghammindfulnessgroup.co.uk	Yes – weekly group meeting at Sobar on Friar Lane Thurs 7 – 8.45	No	18+ everyone welcome	£5 / £3 unwaged	Self
Nottingham Buddhist Centre 0115 9561 008 www.nottinghambuddhistcentre.org	Yes – weekly meditation, Mindfulness of breathing for clarity & awareness Metta Bhavana – transfer of emotions & cultivating openness & positivity Tues 1.05-1.55pm & 7.30 – 8.30pm Fri 1.05-1.55pm	No	Everyone	Free / donation	Self
Trent PTS 0115 8963160 Various venues across Nottingham & Nottinghamshire	Yes, group sessions	Yes – CBT, bereavement, stress, anger, eating disorder, low self esteem, social anxiety	Registered with a GP in Nottingham / shire, referral & assessment required first, 18+	No	Self, via GP, online, telephone
Be Mindful www.bemindful.co.uk	Yes – online learning	No	Access to internet	Yes £30 4 week course	Self, online
Let's Talk Wellbeing Duncan Macmilan House 0115 9560 888 www.nottinghamshirehealthcare.nhs.uk	Yes – eight week program for two hours per week	Yes - CBT	Registered with a GP in Nottingham / shire 18+	No	Self, via GP, online, telephone
Insight Healthcare 0300 555 55 82 east.midland@insighthealthcare.org	No	Yes – talking therapies, anxiety, depression, anger, bereavement, relationships	18+ living in Nottingham, assessment required	No	Self, via GP
Wellness in Mind 0800 561 00 73 www.wellnessinmind.org	No, but a link to online information & self assessment	Yes – CBT, talking therapies	Young people & 18+ living in Nottingham City	No	Self, online, telephone
Recovery College 0115 9560 827	Yes – 6 week course	No	Carer supporting someone accessing services under MH act	No	Self
Carers Federation Ltd 0115 9629 310	No	Yes	Young Carers & Adult Carers	No	Self