

Sunderland Mind has a large team of qualified counsellors, who practice in accordance with the BACP guidelines, supported and supervised on a regular basis. We provide a confidential service for individuals and couples.

How to refer?

Clients can refer in, in several ways, they can self refer, via email or ringing in to our service coming into the Sunderland Mind building and talk one -to- one with one of our staff.

Our email is [sunderlandmind@yahoo.co.uk](mailto:sunderlandmind@yahoo.co.uk)

Telephone number -0191 5657218.

We also take referrals from GP surgeries, as we work with in several surgeries in the Sunderland and Washington area, other organisations and agencies.

After contact

Once you have contacted our service we will take a basic referral which will give us some basic details and a background to why you would like to see a counsellor. After we have took that at a convenient time for yourself we will contact you by telephone, or one to one if you prefer. We will carry out a more in depth `triage` which provides us with more background so we are sure you are gaining the correct support. This will include a PHQ9, a depression assessment, and a GAD7 which is an anxiety assessment. So we are able to see how you are feeling at present.

What next?

After the triage is complete we refer on to the appropriate counsellor, either with in your surgery or with in Sunderland Mind depending on your choice. We will also tell you an approximate waiting time.