

## Worcestershire services to support people with mental health

**Service Name:** Positive Thoughts Malvern Mental Health Support Group

**Service Description:** Positive Thoughts is a mental health charity run entirely by volunteers, who understand the experience of mental distress and the importance of meeting in a sharing and supportive way.

**Email:** [positivethoughts1@yahoo.co.uk](mailto:positivethoughts1@yahoo.co.uk)

**Tel:** 016845 69386

**Website:** [www.positivethoughts.org.uk](http://www.positivethoughts.org.uk)

**Address:** 70 Lower Chase Rd, Malvern, WR14 2BZ

**Service Name:** Evesham & District Mental Health Support Services

**Service Description:** Information, advice, counselling and peer support groups for those living with mental health issues.

Open Monday to Friday 9am to 5pm. For further information please contact the Charity office.

**Email:** [edmhss@btconnect.com](mailto:edmhss@btconnect.com)

**Tel:** 01386 429454

**Website:** [www.edmhss.org](http://www.edmhss.org)

**Address:** Church Street Hub, 20 Church Street, Evesham, WR11 1DS

**Service Name:** Therapy Centre Services

**Service Description:** Counselling services £30 per session. Appointments available within 24 hours of every referral. Concessions available. We accept referrals from individuals, GPs, third party organisations and agencies and

employers.

**Email:** [info@therapycentreservices.com](mailto:info@therapycentreservices.com)

**Tel:** 07895 796857

**Website:** [www.therapycentreservices.com](http://www.therapycentreservices.com)

**Service Name:** Simply Limitless

**Service Description:** Simply Limitless wellbeing centre offers physical and mental health services for all ages both at our centre and online.

**Email:** [info@simply-limitless.org](mailto:info@simply-limitless.org)

**Tel:** 01562 751144

**Website:** [www.simply-limitless.org](http://www.simply-limitless.org)

**Address:** Simply Limitless, Puxton Lane, Kidderminster, DY11 5DF

**Service Name:** Jigsaw Health Psychology

**Service Description:** Hello, I'm Dr Liz Hale. If you are finding life is a bit difficult at the moment and are looking for psychological support, I offer individual therapy; group sessions; workshops and consultancy. These are offered from my friendly private practice in Pershore, Worcestershire.

**Email:** [liz.jigsawhealth@gmail.com](mailto:liz.jigsawhealth@gmail.com)

**Tel:** 07305739973

**Website:** [www.jigsaw-health.co.uk](http://www.jigsaw-health.co.uk)

**Address:** Unit 3, 36 High Street, Pershore, Worcestershire, WR10 1DP

**Service Name:** Midland Therapy Group

**Service Description:** Midland Therapy Group has been set up to allow counselling and therapy services to be more accessible to the wider community. We offer low cost counselling services for those experiencing mental health

issues such as depression, anxiety or bereavement, and many other kinds of therapy and treatment. For more information, please visit our website.

**Email:** [hello@midlandtherapygroup.co.uk](mailto:hello@midlandtherapygroup.co.uk)

**Tel:** 07961189172

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

**Service Name:** Relate Hereford & Worcester

**Service Description:** Most people have times in their lives when difficulties seem hard to cope with; talking things through with a counsellor can make a real difference. Relate Worcestershire provide a variety of different types of counselling and therapy. Appointments are available by phone, webcam or face-to-face in centres throughout Worcestershire and in Hereford. If you are struggling in some way or need help coping with the impact of coronavirus please speak to one of the admin team on 01905 28051 (24 hr answerphone service).

**Email:** [receptionworcestershire@relate.org.uk](mailto:receptionworcestershire@relate.org.uk)

**Tel:** 01905 28051

**Website:** <https://www.relate.org.uk/worcestershire>

**Address:** 19 Castle Street, Worcester, Worcestershire, WR1 3AD