

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

Tel: 016845 69386

Website: 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

Tel: 01386 429454

Website: 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

Tel: 07895 796857

Website: 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

Tel: 01562 751144

Website: 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

Tel: 07305739973

Website: 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

Tel: 07961189172

Website: 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

Tel: 01905 28051

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

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

Service Name: One Million Lives by Jacobs

Service Description: Positive mental health and wellbeing is at the heart of One Million Lives. We know that it can be difficult to understand the many factors that contribute to overall mental health. To help better understand these complexities, Jacobs and mental health professionals have developed a free mental health check-in tool to help users assess their current state of mind and provide suggestions for growth.

Email: oml@jacobs.com

Website: <https://www.oml.world/>

Address: 2nd Floor Cottons Centre Cottons Lane, London, SE1 2QG