



diverse
cymru

Promoting equality for all
Hyrwyddo cydraddoldeb i bawb

FREE COUNSELLING

**for Black, Asian & minoritised ethnic
people in Wales**

Diverse Cymru's Mental Health Hub supports Black, Asian & minoritised ethnic people experiencing mental ill health.




We offer one to one recovery support & a counselling service with diverse counsellors.

Get in touch today:



go to DiverseCymru.org.uk/counselling/
or email info@diverse.cymru

What is counselling?

Counselling is:

-  **A chance to meet with a trained counsellor in private** (in person, on a video call or on the telephone) for one hour a week
-  **A place to talk about your concerns, feelings, issues and things that have happened to you.** The counsellor will help you to understand your experiences, behaviours and feelings better
-  **A confidential space.** What you talk about in counselling is kept private and stays between you and the counsellor unless the counsellor feels you or anyone else is at risk from harm.

Counselling is not:

-  **Medical help.** Counsellors will not prescribe medication.
-  **Advice or opinion.** Counsellors will not give their advice or opinions. Counsellors help you to find your own solutions to problems.

If you would like to access our counselling service, go to

DiverseCymru.org.uk/counselling/
or email **info@diverse.cymru**