

Voices of Clients

Having someone to talk to each week is so helpful. My counsellor listened to me without judgement and let's me vent away and then she helps me look at things differently and from a different perspective and we work through things together on ways to cope with certain situations

Listened, validated me and challenged some unhelpful negative thinking patterns

It helped to have a positive outlook about life. My therapist helped me to believe in myself again as a person.

gave me with space and time to explore my difficulties and see how I could make meaningful change.

The help you are providing to young children is amazing, we are very grateful for the service that Open Minds is providing

A great way to get things off my chest without keeping things to myself and some good tips on how to try and manage my depression n anxiety, she was a great counsellor very helpful and understanding talked a lot of sense and great listener

It has helped my daughter to become aware of her own emotions to be honest about her feelings and thoughts of self-harm

Open Minds Counselling Services Ltd.

Open Minds is a **highly credible, award winning and well-reputed charity** in Doncaster, working with **adults and children aged 8 and upwards**.

Open Minds provides **free and subsidised counselling**, on any issue, to around 100 children, young people and adults every week, with an incredibly positive track record of working in both prevention and postvention work.



We are open from Tuesday to Saturday, providing 10 weeks of therapy, or longer if therapeutically useful.

We offer video call or telephone therapy from 10am to 7pm to adapt to people's busy lives, and accommodate preferences for in-person therapy wherever possible. Services are by appointment only.

100% of people would recommend us to others and 97% would return in future.

Spotlight - Children, Young People and Neurodiversity

Established in 2007, **Open Minds have supported over 1,000 children and young people and more than 3,000 adults.** Open Minds works to improve clients' quality of life by reducing anxiety, ill health and mental dysfunction, helping to build coping skills and capacity for healthy living.

Many of the children we work with are very vulnerable. This might mean having suicidal ideation, self-harming or being at risk from other people. Counselling with children typically involves art, creativity, imagination and play. In-person counselling for 8 - 13 year olds is offered on Saturdays, with 14 - 17 years olds typically preferring video or telephone call therapies after school on weekdays. Counselling allows young people a place in which to discuss their fears of rejection and exclusion. We help children to build healthy attachments and develop lifelong psychological resilience and coping strategies.

We also support:

- **The family on behalf of the child**, to improve relationships or put in place support at home to enable the child to flourish.
- **Gender identity & sexual/romantic orientation.** Children and young people increasingly explore these in counselling, thinking things through, gaining an understanding of how they see themselves, their identity and how they choose to present that to the world. We can also support children to engage with their families, friends and schools in order to come out safely.
- **SEN and Neuro-Divergent young people.** This includes supporting the family to adapt to the young person's needs, and support education providers to understand and adapt to the student's behaviours. We also support children and their families to access diagnosis and benefits.
- **SEN and Neuro-Divergent adults.** Our systems encourage gentle but structured participation, building trust and confidence in our support. We also engage with Doncaster's Crisis Alternatives Alliance partners and other services to support individuals to meet their needs.

The difference we make

- **100% of clients would recommend Open Minds to others**
- **100% of clients of all ages had improved anger-management**
- **93% of clients of all ages had improved coping mechanisms and felt they coped better with life**
- **87% of clients of all ages felt they coped better with stress**
- **83% of clients of all ages felt they were learning to better manage low moods**
- **82% of clients of all ages were less suicidal as a result of working with Open Minds**

Multi-Award Winning Service

2023 Best Mental Health Therapeutic Support Provider - South Yorkshire	2023 Excellence in Diverse & Inclusive Employment ----- Best Specialist Counselling Training Charity	2022 Most Compassionate Counselling Service	2021 Best Professional Adults & Children's Counselling Service
UK in the GHP Healthcare and Pharmaceutical Awards	UK in the GHP Mental Health Awards	South Yorkshire in the GHP Mental Health Awards	South Yorkshire in the Northern Enterprise Awards
2020 Award for Adult Safeguarding in the Doncaster Safeguarding Board Annual Awards			