

Talking Therapies



This counselling service is for people with mild to moderate mental health issues. For your own safety, we are unable to work with:

- Individuals diagnosed with an acute or severe and continuing mental health problem including psychosis and personality disorder
- Individuals with psychosexual issues
- Individuals looking at processing memories relating to trauma including long-term physical or sexual abuse or childhood deprivation
- Individuals who have had suicidal thoughts or who have self-harmed in the last three months
If this applies to you, please call the Samaritans on 116 123.
- Individuals whose presenting problem is one of drug and/or alcohol dependency
- Individuals with a history of extreme violence
- Individuals with multiple complex issues
- Individuals who do not want to give Wimbledon Guild consent to contact their GP.

This list is not exhaustive; we assess referrals on a case by case basis.