

Rethink Croydon Counselling Service

The Rethink Croydon Counselling Service offers up to twelve sessions of counselling to all adult carers in Croydon. Counselling gives carers, who often feel isolated, the chance to talk freely about their lives.

Counselling sessions last 50 minutes and take place on Tuesdays (10 am – 3 pm) and Wednesdays and Thursdays (1 – 6 pm) at Courtyard House, 1d Church Road, Croydon CR0 1SG.

There is no charge for this service. Self-referrals are welcome.

For more information contact Ian Sanderson on 020 8649 6281, or email croydoncounselling@rethink.org.

Although this service is run by Rethink, it is available to all carers in Croydon, not just carers of someone with mental health problems.