



Age UK Camden Counselling, Psychotherapy, & Group Therapy Services

Inclusion Criteria

- Our service works in partnership with NHS Camden Talking Therapies for Anxiety & Depression (iCope). We offer weekly **time-limited** counselling intervention (average 8-12 sessions) to clients suffering from **mild-to-moderate mental health difficulties**.
- Counselling is NICE recommended, evidence-based treatment for common mental health problems, such as mild-to-moderate depression.
- Counselling is suitable for clients who are interested in a brief exploratory approach rather than learning about coping strategies where Cognitive Behavioural Therapy would be recommended.
- Counselling can be helpful for the people in the early stage of dementia.
- Our service is open to people aged 55 and over and living in the borough of Camden and/or registered with a Camden GP.

Exclusion Criteria

- Clients living with chronic and severe mental health problems, such as acute anxiety, history of panic attacks, and PTSD.
- Clients living with the diagnosis of psychosis, severe bi-polar, and personality disorder.
- Current substance misuse, drug and/or alcohol.
- Current risk to self or to others – current ongoing acute crisis.
- History of violence and abusive behaviour or forensic history.

- Clients who are already engaged in the psychological treatment or any intervention with other primary or secondary care mental health services; this includes voluntary and private sectors.

What we do if we are unable to offer counselling in Age UK Camden

- We try to signpost to more appropriate services when appropriate.
- If the client's needs are complex, we encourage them to consult with their GP for a more specialised and suitable referral. We offer to write a support letter should the client requests.
- Please note we are not the emergency service. If you are in a crisis, feeling suicidal and need immediate support please contact your GP, the Camden & Islington NHS Crisis Line on 0800 917 3333 or the Samaritans on 116 123