

[Back to listing](#)



**Themes:** Children's Mental Health, Counselling, Mental Health

**Aimed at:** Children Age 6-11, Teenagers 12-17, Adults 18+

A free, confidential mental health support and counselling service for children and young people, aged 11-25, in Bassetlaw.

Counselling provides short-term, one-to-one therapy on a weekly basis focusing on exploring and managing difficult thoughts and emotions.

Mental Health and Wellbeing support provides one-to-one appointments focusing on resilience building and early intervention. A mental health and wellbeing worker can also liaise with family and other agencies or professionals to create a personalised support plan.

**Area:** Bassetlaw

### **Contact Details**

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[Back to Listing](#)