Counselling Service

Our Counselling team work with people aged 18+ and also offers relationship counselling to couples.

It is a chargeable service, sessions cost £30 each for individuals.

Please contact us to make a referral or for more information: counselling@telford-mind.co.uk

Assist & Engage

The Assist and Engage project is for people aged 18+ who are medically fit to leave the Emergency Department but may benefit from a period of additional mental health support to facilitate a safer discharge.

The service can provide provide listening support, Solution-focused interventions, and coping strategies . The service is available Thursday - Tuesday, 6pm until midnight.

Please note this service is by referral only from: Mental Health Liaison Service, CRHT, EDT & AMHPs.

Are you in Crisis?

If you are experiencing a mental health crisis, the following services are available 24/7 :

NHS 111 (option 2)

Text 'STW' to 85258
Samaritans 116 123

About Telford Mind

Telford Mind is an independent voluntary organisation that is affiliated to National Mind.

Aiming to ensure that everyone can access the help they need, when they need it.

We are committed to quality and hold the Mind Quality Mark (MQM).The MQM is a robust quality assurance framework and sets out the required baseline of best practice.

Scan the QR code to find out more about our services:

Or follow us on social media :

mind Telford

Support for people who are experiencing mental health problems or emotional distress

Working to ensure that nobody faces a mental health problem alone.

Tel: (07434) 869248
talk2@telford-mind.co.uk
www.telford-mind.co.uk

Court Street Medical Practice,
Court Street, Madeley, TF7 5EE

Charity Number :1186627

Listening Support Line

If you are in emotional distress, struggling to cope, or need somebody to talk to there is always someone to take your call during our opening hours to offer one to one listening support.

The support line is open:
Monday to Friday 10.00 am – 5.00 pm
Please call us on : 07434 869248

Social Prescribing

Social Prescribing provides personalised support to help people improve their wellbeing and address the issues that matter most to them. This may include connecting people to:

- Community groups and activities
- Nature-based and outdoor opportunities
- Practical and emotional support services
- Advice and social care services
- Volunteering, learning and employment opportunities
- Local organisations that can help meet identified needs

This approach helps people build confidence, strengthen connections and improve their overall wellbeing.

Available to patients registered at:
Court Street Medical Practice,
Stirchley Medical Practice

Bereavement Support Service

The loss of a loved one through sudden unexplained death and suicide is a uniquely devastating circumstance. We can help you find the path to the right support, understanding and recovery.
The service is available to families, friends and colleagues and anyone who feels affected by a suicide in Shropshire, Telford & Wrekin.

Call: 07434 869248
email: talk2@telford-mind.co.uk

Calm Café

Calm Café provides a safe, welcoming space for adults aged 18+ who are experiencing emotional distress, mental health difficulties, or who would benefit from support to prevent a crisis. Our trained team can offer a listening ear, emotional support, coping strategies and signposting to additional services.

If you are worried about attending, please contact us and we can discuss how we can support you to access the café or alternatively drop in to one of our cafe locations:

Locations, days and times:

Monday, 5pm-7.45pm: The Wakes
Tuesday, 5pm-7.45pm: Wellington Orbit
Wednesday, 5pm-7.45pm: Hub on the Hill
Thursday, 5pm-7.45pm: Meeting Point House

Dual Diagnosis Calm Café

Are you dependent on a substance to relieve feelings of stress, sadness, anxiety, or other unwanted emotions? Are you feeling isolated? Do you self medicate?

If you require support and are over 18, would like more information or would like to book a place.
Please contact:
outreach@tacteam.org.uk

18-25 Calm Café

The 18–25 Calm Café is a dedicated Cafe for young adults aged 18–25 who are experiencing emotional distress, mental health difficulties, or who may benefit from additional support to prevent a crisis.

The café provides a safe and supportive environment where young adults can access emotional support, talk to trained staff and explore available support options. If you are worried about attending, our team can talk to you beforehand and support you to access the café.

Locations, days and times:
Wednesday: 12pm–2pm Wellington Orbit (Upstairs Room)
Thursday: 5pm–7.45pm Meeting Point House

Armed Forces Community Café

The Cafés offer the space to meet and talk to like-minded people with similar day-to-day issues. Our aim is to bring the Armed Forces Community together to get support where needed.

The cafes are held at the following locations:

Monday
2nd & 4th Monday of the month
2pm - 4pm
Dawley House, 22 Burton Street, Dawley, TF4 2ES

Wednesday
1st & 3rd Wednesday of the month
4pm - 6pm
Turreff Hall, Donnington, TF2 8HG

Perinatal Mental Health Service

Emotional and practical help for anyone who is expecting a baby or has a child under 2 & lives in Telford & Wrekin

Social Prescribing
Personalised one to one sessions
Flexible support to identify your needs and goals, helping you to access practical, emotional, and community support
Listening Support
Friendly, informal conversations in your community
A safe space to talk, be heard, and get support when you need it
Targeted Support Groups
Practical and emotional help in a small, welcoming invite-only group
Connect with others, share experiences, and build skills in a supportive environment

For more information, please email perinatal@telford-mind.co.uk or call 07434 869248