

# Mother Tongue Counselling

## Who does Mother Tongue Counselling help?

Mother Tongue Counselling is a free and confidential service for people aged 18 and over who are registered with a GP in Kensington and Chelsea, Queen's Park and Paddington.

## Can Mother Tongue Counselling help me?

Mother Tongue Counselling can help you learn new ways to deal with worry, reduce stress, improve mood and manage feelings of anxiety.

We offer culturally appropriate one-to-one talking therapy sessions in **Arabic** and **Farsi**, providing a safe and regular time for you to think, reflect and develop a better understanding of problems, life experiences and relationships.

## What help does Mother Tongue Counselling offer?

**Mother Tongue offers short-term one-to-one talking therapy or counselling sessions in Arabic and Farsi languages.**

In addition to counselling, you can also attend interactive wellbeing workshops and courses to improve your understanding of mental health, challenge stigma, learn and practice guided self-help techniques to help you manage difficult feelings and emotions.

### One-to-one Counselling

Counselling is a brief treatment which involves face-to-face talking therapy sessions with a trained counsellor who helps you to develop a better understanding of yourself, your environment and others around you. Counselling provides a non-judgmental space to explore confusing or painful feelings and deal with common emotional difficulties such as stress, worry, low-mood or anxiety and to help you make positive changes.

### Wellbeing programme

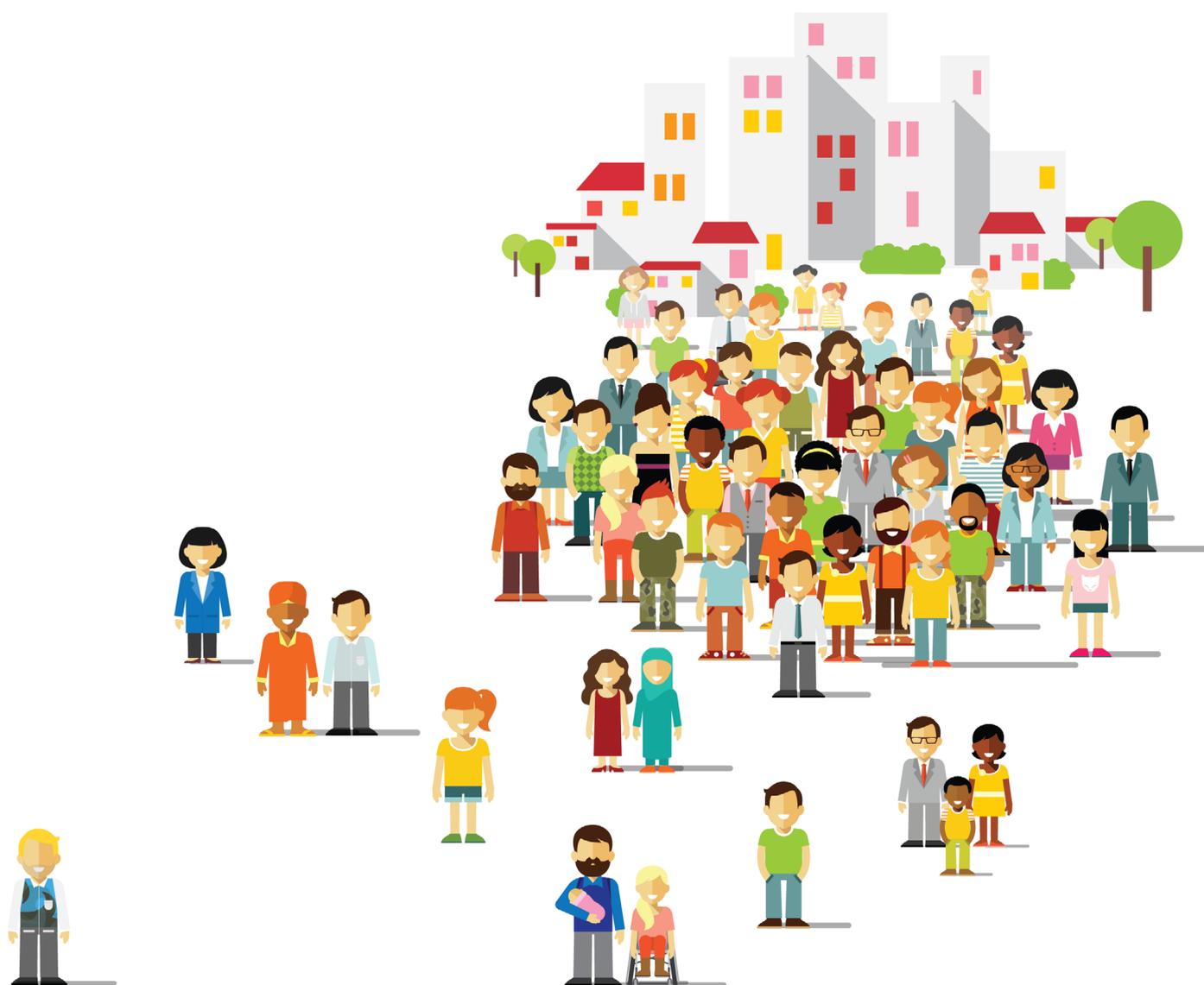
We offer a range of wellbeing workshops and self-help courses on topics relating to mental health awareness and emotional wellbeing. Through these you can learn practical tools and strategies to manage difficulties and improve wellbeing as well as helping you to access other local health, wellbeing and support services. The workshops and groups are usually co-facilitated in Arabic and Farsi languages with the assistance of our trained bi-lingual volunteers.

## The Team

Our counsellors speak Arabic and Farsi and have a strong cultural and ethnic understanding of the people they work with. The workshops facilitators and community workers are also mental health professionals who are trained to be sensitive to individual and cultural needs.

## Translated Literature

We regularly produce written material on common mental health issues, frequently used terms, self-help techniques and signposting information about other local support services in the community. This literature is also translated in Arabic and Farsi languages and can be found at various community locations such as GP practices, libraries and community centres.





## Do you need support to improve your mental health and wellbeing?

If you are 16 and over or caring for someone who is, then Community Living Well is a new mental health service that offers you a different kind of mental health support.

Community Living Well brings people together from your local NHS, voluntary sector and local community groups into one service which will work alongside you and your GP to help you access the support you need.

Community Living Well offers easy access to a range of wellbeing and clinical services including:

- **Primary Care Liaison**  
support from specialist mental health workers
- **Psychological Therapies**  
to help if you are stressed, worried or low in mood. We can also help individuals who are adjusting to having a new baby or those who need help to live with long term conditions
- **Mother Tongue Counselling**  
culturally appropriate one-to-one talking therapies and wellbeing workshops in Arabic and Farsi languages
- **Self Help**  
access to self help resources.
- **Navigators**  
practical support with a range of issues including benefits, debt, housing options, access to health and social care services and support to access specialist advice and information
- **Employment Support**  
supporting you to find work, take steps to improve your job prospects or keep your current job
- **Peer Support**  
wellbeing workshops, one-to-one support, peer support groups, social activities and online peer support with other people who have had similar experiences to you.

## Get in touch...

Use the details below to get in touch or ask your GP or another health professional involved in your care to refer you into the service.

**[communitylivingwell.co.uk](https://communitylivingwell.co.uk)**

**email: [cnw-tr.clw@nhs.net](mailto:cnw-tr.clw@nhs.net)**

**tel: 020 3317 4200**

Community Living Well hubs are located at:

- St Charles Centre for Health and Wellbeing, Exmoor Street, London, W10 6DZ
- Violet Melchett Centre, 30 Flood Street, London, SW3 5RR
- Gertrude Street, 15 Gertrude Street, London, SW10 0JN

