

Sunderland Counselling Service

This service offers counselling and support to people who are experiencing emotional or mental distress as a result of many issues such as bereavement, loss, relationship difficulties, other life adjustment issues, stress, anxiety or depression. Specially trained practitioners provide individual counselling and group support. Counselling is also available for women who have been raped or sexually abused. There is also a palliative care service for people with life-limiting/life threatening illnesses and their family or carers.

The service can be contacted at: Sunderland Counselling Service, 36 West Sunnyside, Sunderland, SR1 1BU. Telephone: 0191 514 7007. The counselling service for children and young people is part of Community CAMHS, details available under CAMHS section in this document.