

**SHROPSHIRE COUNTY NHS
Primary Care Trust**

Life for me has a new meaning,
since I have been heard and listened to.



Some times in our lives we all
experience emotional distress and
mental health problems



Counselling can be helpful when we face
these difficulties that we cannot sort out
alone.

Counselling is an opportunity for you to
talk confidentially to someone who is
trained to listen to you in an accepting and
supportive way



We aim to provide a space in which
problems/issues can be explored in a
culturally sensitive and non-judgmental
atmosphere.



Counselling is offered in Punjabi, Urdu and
English.

This service is FREE, provided
through the NHS by Shropshire
County Primary Care Trust. You
can be seen near your home i.e. at
your GP's surgery.

We can also arrange for a counselling
session on the telephone.



Clients may bring such problems as
family and marital, issues around
arranged marriages, depression,
isolation/loneliness/bereavement or
inability to adapt to the western
culture.

The service is free on appointment
basis only. If you think you would
like to be seen, please ring 01952
506838 OR contact your own GP,
Health Visitor, Social Worker etc.

We are based at The Dawley Centre
for Psychological Therapies,
Doseley Road North, Dawley,
Telford TF4 3AL

HELPLINE NUMBERS

National Domestic
Violence Helpline 0808 2000 247

Southall Black Sisters... 020 857 9595

Childline..... 0800 1111

Police08457 444 888

Racial/homophobic 01952 214857

Telford Women's Refuge
Out of office hours 01952 202352

Telford Women's Refuge
Out of office hours 01952 670104

Drugs Anonymouse
Movement 01952 249131

Mobile 07817 981 772

Counselling for Diverse Cultures

Department of Psychological
Therapies, Shropshire



Saroj Sharma (Counsellor)

Dawley Department for
Psychological Therapies
Doseley Road North
Dawley
Telford TF4 3AL

For all enquiries, please contact
Saroj Sharma
01952 506838

www.shropsych.org