

The Wimbledon Guild



The Wimbledon Guild is dedicated to supporting ageing, encouraging mental wellbeing, and tackling poverty throughout the London Borough of Merton. We support local people often through challenging periods of their lives.

The Counselling service is open:
Monday - Saturday.

Contact us on:
T 020 8296 0030
E counselling@wimbledonguild.co.uk
W wimbledonguild.co.uk

“It’s been a place to be open and honest with myself.”

Support from the heart of the community 



Counselling Services
Wimbledon Guild
Guild House, 30/32 Worple Road,
Wimbledon, London SW19 4EF
T 020 8296 0030 F 020 8296 0042
E counselling@wimbledonguild.co.uk
W wimbledonguild.co.uk



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Counselling Services

Professional, confidential, accessible and affordable



We'll help you if you're feeling down, or anxious, or perhaps doing things that you know are not good for you. You might be having difficulties in your relationships with friends, or family, or experienced an upsetting change, or have more longstanding issues you'd like help with.

It can be **helpful to talk to someone professional** about your experiences and feelings. Our clients have also told us that it increases their sense of well-being.

Our counselling service has been running for over 25 years, is primarily based in central Wimbledon and is accredited by the British Association of Counselling and Psychotherapy (BACP).

Services are confidential, except where we believe that there is a serious risk to yourself, or someone else.

Our counsellors are either fully trained, or at an advanced stage of training. They are professionally supervised and adhere to the BACP Ethical Framework for the Counselling Professions.

“Talking to a counsellor can be easier than speaking to relatives or friends.”

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Individual Counselling

We're here to **support you** through difficulties that come up in life.

When you first contact us you will have an initial consultation with a counsellor who will assess with



you whether we are the right service for you, and if so, which of our services are most likely to be helpful to you.

If we feel that individual counselling is a suitable service, we will arrange for you to see a counsellor on a weekly basis. Each meeting will last for **50 minutes** and will be at the same time and day of the week.

We offer individual counselling to anyone aged 18 and above and have a sliding scale of charitable rates.



Group Psychotherapy

Group therapy can offer a **safe, therapeutic place** to speak about the self in family, friendship, relationships and work groups. Concerns, conflicts and problems can be explored in an atmosphere of trust and confidentiality. If you are fearful and find it hard to speak, a therapy group could help to find your voice. What happens in the group often mirrors the outside world; listening and thinking about other people's stories helps us make more sense of our own.

Young Adults Group



This therapy group is for people between **18 and 30** years of age, because we recognise that if you're in this age group, you may struggle with different issues to older adults. We know this is a time of change and transition that can bring with it all sorts of challenges for you.

Call us on 020 8296 0030



Continuity of Concern Group

This is a longstanding community-based emotional support group for Merton residents who come together once a week to **share and discuss their feelings** and thoughts about their past, present or future circumstances. The Group is free, but accepts donations for refreshments.

If you join this group, after consultation with the group facilitator, you would meet group members from all sorts of backgrounds with different experiences, some of whom attend weekly, whilst others drop in when they can.

"I found it helpful connecting feelings and thoughts"

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Family & Couples Therapy

Not sure what to do about your relationship with your partner, child, ex-partner, mother-in-law or friend? **We are here to help you.** We can see you alone or you can bring other important people along to the sessions.

Once you become a client, you're usually seen by a team of three; an appointed lead therapist, and two reflective team members who provide you with an outside perspective on your situation.



We offer you hourly appointments at a frequency that is discussed to fit your therapeutic needs. We encourage you to look at your issues from different angles, to **try out new ways of relating** to other people, and to practice new ways of communicating.

The overall length of therapy depends on what you want to accomplish, and how well you're able to work between sessions to implement change and achieve your goals.