

Drop-in Therapy Clinic

What is drop-in therapy?

Attending therapy every week can be hard when we have a lot going on. Which means we don't always have access to mental health support when we need it the most. With the Drop-in Clinic, you can speak to a therapist or clinical psychologist without needing a referral/assessment and with no expectation to have to come back. A single session may be all you need and if you want to come back, you can.

What to expect

Melissa is a Clinical Psychologist and Hannah is a Therapist, who you can have a session with during their therapy drop-in hours. You can talk to them about things like – how you are feeling, your relationships, drugs/alcohol, what you would like to be different. There is no pressure to talk – it is your choice if you want to attend and what you share.

How to attend

You can stay for up to 30 minutes, depending on how busy the clinic is that day. If the therapist/ clinical psychologist is with someone, please let someone from reception know (or send them a text) and they will come get you when they are free.

No referral needed, give her a text or a knock on the door.

Locations:
The Compass Centre
Dean Crescent
Longhills
Stonebridge Park

Want to know more, call or email the details below.