

What if I have a problem with alcohol or drugs?

You can come for counselling if you have a problem with alcohol or drugs. However you must be getting support from Rugby House at the same time as coming to Mind in Enfield. If you come for assessment we allocate you a counsellor.

Foundation 66 offers a drop-in alcohol and drugs service (2nd floor) Forest Road Primary Care Centre, 308A Hertford Road, Edmonton, London N9 7HD. Can be contacted on 020 8344 3180.

Funded by:



The Mind in Enfield counselling service operates within the ethical framework of the British Association for Counselling and Psychotherapy and abides by its Guidelines, Confidentiality and Complaints procedures.

Mind in Enfield

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Registered Charity Number 1054539

Accredited by the National Mind Quality Management Scheme



For better
mental health

Mind in Enfield Counselling Service

What is Counselling?

Counselling is a way of exploring feelings and overcoming emotional and behavioural difficulties in a safe and confidential setting. At Mind in Enfield we believe that a counsellor's role is to work alongside the person seeking counselling to help them find and discover capabilities for improving their lives and resolving issues. Our counsellors offer a real source of support to people coming to counselling which can, at times, be a painful process.



About us

What do we offer in the Counselling service at Mind in Enfield?

- Individual counselling of 6 or 15 weekly 50 minute sessions with the same counsellor.

Turkish speaking service

If you want to have counselling in Turkish please call the Turkish speaking administrator on 020 8884 5008. We also have a leaflet in Turkish specifically for the Turkish speaking service.

Who are the counsellors?

Our volunteer counsellors have all been through a rigorous recruitment procedure and reach a high level of expertise. Some counsellors are in training but at a minimum will be in to their second year, some are fully qualified. All counsellors receive ongoing support from the Mind in Enfield counselling managers, full induction training, and regular clinical supervision from experienced psychotherapists. They are required to participate in the Mind in Enfield training programme.

Anger Management

A qualified psychotherapist facilitates a 12 weekly anger management programme at the Mind in Enfield premises regularly throughout the year. Each weekly session runs from 6.30 to 9pm on a Wednesday evening.

When are we open?

We are open Monday to Thursday 10.00am to 9.00pm. (last appointment finishes at 8.50pm), and Fridays 10.00am to 4.00pm.

About you

How do I get counselling?

If you are over 18, live in the Borough of Enfield and feel that you would benefit from counselling call or e-mail the counselling service. You may also ask your GP to refer you by letter. We will then place you on a waiting list . When you reach the top of the waiting list we will contact you asking you to call us to make an appointment for assessment.

The assessment is their to help us and you decide whether counselling is the best service for you at the current time. If, after assessment, it is decided that you need to be referred to another service we will, with your consent, refer you on.

Otherwise we will allocate you to a counsellor. This may not be the same counsellor that assessed you.

How do I get anger management?

If you would like to attend an anger management programme or would just like further information please contact Alan Palamountain directly on 07989 070 248.

Do I need to pay?

Yes. We ask counselling clients for a contribution of between £5 and £30 based on a sliding scale appropriate to income and financial circumstances. The psychotherapist facilitating the anger management programme charges £20 per session (or between £12.50 and £15 concession).

Can I use an interpreter?

No. We don't use interpreters at Mind in Enfield. However, we do have a Turkish speaking service.