

Oakdale

counselling and therapy



Oakdale's counselling and psychotherapy services are accredited by the British Association for Counselling and Psychotherapy (BACP). BACP is the registered Trade Mark of the British Association for Counselling and Psychotherapy

Centres

Oakdale currently has specially designed centres in Harrogate, Halifax and Peterborough with others being developed. Oakdale also provides face to face psychological therapies throughout the UK using its nationwide network of qualified and carefully selected psychologists, psychotherapists and counsellors. In addition Oakdale provides telephone and online counselling and psychotherapy at a time to suit your needs.



About Oakdale

Oakdale is a not for profit social enterprise that is part of a charitable organisation called Mental Health Concern.

Oakdale was established in 1998 to provide professional and confidential counselling and psychotherapy services.

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www.oakdalegroup.co.uk



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MHCO Ltd (trading as Oakdale) is a not for profit social enterprise and a wholly owned subsidiary of Mental Health Concern

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Oakdale practitioners

All Oakdale practitioners are experienced and qualified. They have a range of training backgrounds enabling us to offer the service best suited to your particular needs. This includes counselling and therapy for adults, couples, children and families as well as support groups and therapy groups.

Oakdale has a range of specialist practitioners helping people who have difficulties such as:

- Relationship problems
- Work-related problems
- Family difficulties
- Bereavement
- Depression
- Abuse
- Reactions to trauma
- Addictions
- Coping with divorce/separation
- Self esteem

Practitioners include:

- Counsellors
- Psychologists
- Psychotherapists
- Couples Counsellors
- Cognitive Behaviour Therapists
- Drama, art and play therapists
- Child, young people and family psychotherapists

- Assertiveness
- Stress, anxiety, panic attacks
- Phobias
- Sexual problems
- Eating disorders
- Self-harm
- Obsessive compulsive disorder
- Brain Injury rehabilitation
- Anger management

Making an appointment

You can contact Oakdale directly and ask to speak to a counsellor straightaway. No referral is necessary.

Once you have made an enquiry, an initial telephone consultation with a qualified counsellor will help us to determine the kind of therapy you need. This is a confidential assessment of your requirements and not a commitment to proceed further.

If you choose to go ahead with counselling, we will then be able to refer you to an appropriate practitioner at a time that is convenient for you.

Oakdale is committed to providing a high quality and professional service and aims to give you the opportunity to:

- Develop coping strategies to help you with your difficulties
- Look at options for addressing your particular issues
- Increase your self-awareness
- Fulfil your potential

CONTACT US ON:

0300 555 5050

info@oakdalegroup.co.uk

Oakdale is able to provide services to medical insurance policy holders whose policies include psychological therapy. Oakdale welcomes referrals from Health Professionals and Solicitors.

Appointments are available during the day, in the evenings and on Saturdays. We are usually able to offer an appointment within a few days of your contacting Oakdale.