

Est.  
2016

YORK ST JOHN  
**COMMUNITIES  
CENTRE**

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1841

**YORK  
ST JOHN  
UNIVERSITY**

**Creative.  
Collaborative.  
Community.**

The Centre offers high quality and accessible community facing services, groups, and programmes, to citizens of York and North Yorkshire.

**E: [CMHC@yorks.ac.uk](mailto:CMHC@yorks.ac.uk) | T: 01904 876072 | [www.yorks.ac.uk/ysjcc](http://www.yorks.ac.uk/ysjcc)**

## What services are on offer?

- general counselling for a range of issues including: anxiety, depression, stress, relationships, loss, work-related problems
- counselling for domestic abuse
- coaching for mental health and wellbeing
- community language school providing free language lessons to children aged 6-13
- group work for those experiencing difficulty with emotional or relational regulation
- specialist bereavement service including free online support groups
- research, training and consultancy for organisations
- professional placements for trainee practitioners

Counselling clients are normally offered weekly sessions. This will initially be up to 10 sessions and depending upon circumstances, may be extended for a further 10 sessions, up to a maximum of 20. Depending on the group, sessions can be 8 to 10 weeks, or are continuous. Information of each group can be found on our website.

If you are a business or organisation seeking counselling or mental health support for employees, please contact our Centre team through 01904 876072 for further information and discussion of your needs.

## How much do sessions cost?

For most counselling, coaching and group services, the Centre offers a sliding scale, from £12 to £50 per session. You must pay fees in advance of your sessions. You can either pay through our online shop or via standing order.

There is no charge for our Bereavement Group, or our drop-in services such as our Breastfeeding group. Please check our website for latest updates.

## How do I access Centre services?

You can self-refer by completing our online self-referral form, which is available on our website at: [www.yorks.ac.uk/ysjcc](http://www.yorks.ac.uk/ysjcc)

Following submission of your form via the website, you will be contacted by a trained member of the Centre office team to finalise information and to identify next steps. Referrals can also be made by GPs and other professionals via initial contact with the Centre office: [cmhc@yorks.ac.uk](mailto:cmhc@yorks.ac.uk)

## Who will I see at the Centre?

Our counsellors, coaches, trainers and group facilitators are skilled and experienced, with trainee's working on professional placement and qualified practitioners. Our practitioners work from a client-focused approach to mental health provision. We also have a team of volunteers and paid staff who manage the Centre's administrative duties.

### **What are the Centre opening days and times?**

We are currently open Monday to Wednesday from 9am to 9pm, and Thursday and Friday from 9am to 5pm. We aim to provide sessions on dates and times that suit your requirements, although cannot guarantee an evening or daytime appointment.

Additional information about services and updates about group work are displayed on our website.

### **What information will you hold about me?**

We routinely collect information on the services we provide to help us continually enhance our offers. All data is anonymous and individual clients cannot be identified. Before you access any service, you will be given full information on how we use and secure your data and you will have the opportunity to ask questions about our data processing systems.

We comply with data protection requirements and our full privacy notice is available on our website at

[www.yorks.ac.uk/ysjcc](http://www.yorks.ac.uk/ysjcc)

In addition, the Centre undertakes research projects and clients can consent to participate. Should you wish to participate any relevant information needed will be fully explained to you.

### **Where is the Centre?**

The Centre operates online and from our beautiful premises at 32 - 34 Clarence Street. The entrance is via the back, which backs onto the YSJ University campus. Following the road into the University by 30 Clarence Street and turning left towards Brook Street. Disabled parking spaces are available here, and City of York Council car parks are available on nearby Union Terrace and Lord Mayor's Walk.

### **What safeguards are in place?**

To support competent, safe and ethical practice, all our practitioners are required to be in regular supervision with trained supervisors.

Counselling practitioners are members of the lead UK counselling and mental health associations, the British Association for Counselling and Psychotherapy (BACP), the United Kingdom Council for Counselling and Psychotherapy (UKCP) and the work of the centre is governed by the Ethical Framework produced by the relevant association. Coaches are either members/accredited with established Coaching Associations approved by the Centre. Furthermore, all volunteers, staff, and practitioners are required to provide Enhanced DBS checks every 3 years to the Centre.

A copy of the Frameworks will be available to you. All practitioners have Professional Indemnity Insurance.

### **Research projects**

At the Centre we also undertake research projects. We have worked with various charities and organisations such as Cruse, IDAS, the National Bereavement Organisation. We have more recently undertaken research on bereavement support during the pandemic.

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### How do I contact the centre to make an enquiry or an appointment?

For more information or to request an appointment please e-mail [CMHC@yorksja.ac.uk](mailto:CMHC@yorksja.ac.uk) or call 01904 876072, and leave a message on our confidential telephone lines, we will return your call as soon as possible.

[www.yorksja.ac.uk/ysjcc](http://www.yorksja.ac.uk/ysjcc)

### Supporting YSJ Communities Centre

Your donation makes a great difference! It supports us to cover the costs of providing free services such as our Drop-ins, Emotional Support Groups and Self-development, Bereavement Groups and Parent and Family Drop-Ins. As our income grows, so too does our staff team, counsellors, coaches, and group facilitators. Anything that you are able to donate, can help support us being able to support the work we do and the services that we offer to our community.



[www.justgiving.com/campaign/ysjcc](http://www.justgiving.com/campaign/ysjcc)

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