

# Counselling Service and Mental Health Support

Part of NHS England Southeast Spinal Cord  
Injury Transformational Project



Spinal Injuries Association provides a free specialist counselling service for those affected by Spinal Cord Injury (SCI), including family, friends, and carers.

This support is currently available via phone or video call by trained, qualified counselling practitioners registered with the British Association for Counselling and Psychotherapy all with lived experience of SCI.

Available in:  
Buckinghamshire, Oxfordshire  
and Berkshire West, Frimley,  
Hampshire and Isle of Wight,  
Kent and Medway, Surrey  
Heartlands, Sussex.

## Have you been affected by Spinal Cord Injury?

If you or someone you know are a patient being discharged from hospital, already living in the community, and are living with a SCI and feel that they may benefit from talking therapy from someone who understands SCI; speak with the Mental Health team, discharge planner, out-patient team or any Health Care Professional who can make direct referrals to the SIA Counselling and Well-being Team via the SIA Webpage.

You can also self-refer any individual affected by SCI with their permission directly via the SIA Webpage at:



<https://www.spinal.co.uk/counselling-ref-form/> (select south-east)

or via [counselling@spinal.co.uk](mailto:counselling@spinal.co.uk) should link be unavailable.

Alternatively, you can contact your SIA Regional Support Network Coordinator:



<https://www.spinal.co.uk/get-support/find-support-now/>

or via the support line: (0800) 980 0501

If you would like further information, please contact either:



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