

Counsel of Neurodivergent Minds Ltd

Counsel of Neurodivergent Minds Ltd is a counselling and mentoring practice based in Newcastle upon Tyne. A neurodivergent counsellor runs the practice.

Office visits by appointment only. We run sessions in and out of the office, and we would hate to miss you. Our office is based within Nat1 Therapy.

The practice supports neurodivergent adults and young people aged 11 and over. This includes autistic people, people with ADHD, and people who are exploring whether they are neurodivergent. The practice works with autistic burnout, masking, late identification of neurodivergence, school avoidance, and demand avoidance (sometimes called PDA).

The practice offers one-to-one counselling and mentoring sessions. Sessions take place in person at Merchant House in Newcastle city centre, online, or outdoors as a walking session. The person attending chooses which format works best for them.

People can contact the practice directly by phone or email to ask about sessions. A first conversation helps the person decide whether the service is right for them before they book anything.

The practice offers a free initial consultation before booking, and discounted places for referrals from primary care and the community and voluntary sector, etc. Sessions cost £65 for 50 minutes on weekdays, and £70 in the evenings or at weekends.

For anyone under 18, a parent or carer is involved in decisions about starting counselling or mentoring. The practice agrees confidentiality arrangements with the family at the start.

Contact: hello@counselofneurodivergentminds.co.uk, 07467 947336,
counselofneurodivergentminds.co.uk

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Website: <https://counselofneurodivergentminds.co.uk/>

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Email: hello@counselofneurodivergentminds.co.uk

Facebook: <https://www.facebook.com/p/Counsel-Of-Neurodivergent-Minds-North-East-UK-61592279646256/>

Opening Hours: Monday to Sunday - 11 am - 8 pm

Cost: There may be a cost to this service/support

Address:

30 Cloth Market

Merchant House based in NAT1 Therapy

30 Cloth Market

NE1 1EE