

Women Only Service

Client Involvement

At Threshold we believe that the ideas and opinions of women who use our services are invaluable.

We offer a broad range of opportunities, including a monthly forum for you to provide us with feedback and suggestions on our services.

Equal Opportunities

Awareness of Equal Opportunities is an integral part of our service.

All women are welcome in our service.

Next Steps / Referral

Contact us by **phone** or **email**, or call in during office hours, if you prefer.

Contact Us

If you would like any further information, a referral form or an application pack:



01273 929471



threshold@bht.org.uk

Directions

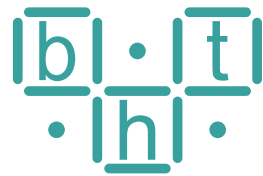
Threshold is located in **North Street** opposite **Bond Street**. Press the buzzer marked **BHT Mental Health and Wellbeing Services** and you will be let in. We are on the second floor and the door is marked **Mental Health and Wellbeing Services and Threshold**.

Our offices have a lift and accessible facilities. Please ring for more information.



Public Transport

Threshold is within walking distance of Brighton's **mainline station** and the **Brighton & Hove buses** that stop at **North Street** and **Churchill Square**.



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Creating Opportunities
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Second Floor
27 - 29 North Street
Brighton, BN1 1EB



threshold@bht.org.uk



www.bht.org.uk/services/mental-health-and-wellbeing/#threshold



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Women Only Service

Threshold Women's Services aim to address the mental health and wellbeing needs of women in the local area.

If you are living in Brighton & Hove and are experiencing emotional difficulties and are in need of mental health support, Threshold offers short term counselling and a variety of therapeutic activities.

Women who seek counselling at Threshold are experiencing a range of issues, including:

Anxiety

Low self esteem

Bereavement and loss

Depression

Violence or intimidation

Sexual abuse

Eating disorders

Self harm

Loneliness

Birth trauma

Parenting Issues

Prenatal/postnatal depression

Group Work

Threshold Groups provide an opportunity for women to reflect on themselves and explore their interactions with others.

It maybe that you prefer **individual counselling sessions** or you may be interested in **exploring issues in a safe space** with other women.

Threshold also facilitates **themed groups** that focus on offering support with a particular area of difficulty that you may be experiencing.

Drop-in

Threshold's in-house and community based drop-in sessions are open to all women.

The drop-in provides you with the opportunity to connect with other women and to try out different activities that focus on wellbeing.

Childcare

If you have a child under five, Threshold's crèche may occasionally be able provide childcare whilst you attend our in-house services.

Childcare provides your child with a **safe and caring environment** as well as a **variety of activities** carefully planned according to the age and ability of the children attending.

Please enquire about availability in advance, as spaces are limited.

Maternal Mental Health Counselling

Threshold's vision is 'to improve the lives of mothers and their infants'

Threshold offers up to 12 weeks of counselling by experienced counsellors and psychotherapists for women who are experiencing the following:

Difficulties conceiving

Antenatal depression and or anxiety

Postnatal depression and/or anxiety

Maternal obsessive compulsive disorder

Birth trauma or unexpected events at the time of the birth

Issues adjusting to motherhood

Mothers whose children have been removed or are 'looked after'

Miscarriage or bereavement of a child

Relationship difficulties relating to maternal mental health

Suicidal feelings relating to maternal mental health

Volunteer Programme

Threshold values the commitment and dedication of the volunteers who support our services.

We offer volunteering opportunities within the drop-in and counselling placements.



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