



Masonic
Charitable Foundation

Counselling for adults

Support for your
mental health

mcf.org.uk





What is counselling?



Counselling is a type of talking therapy that allows you to discuss your thoughts, feelings and behaviour with a trained professional. It is a safe space for you to talk about anything that may be having a negative effect on your wellbeing, without judgement.

Counselling can help you manage and cope with a variety of different things, such as:

- A difficult life event, like a bereavement or redundancy
- Relationship problems
- Depression and anxiety
- Upsetting or traumatic experiences, whether recent or a long time ago
- Difficult emotions, such as sadness, anger or low self-esteem



Can we help you?

To access our counselling service or to discuss how we can support you, contact our Enquiries team:



0800 035 60 90



help@mcf.org.uk





> **How can the MCF help?**

We provide access to a free, confidential counselling service through a 24-hour phone line for Freemasons, their married, life, widowed, divorced or separated partners, as well as their children and grandchildren between the ages of 17-25 in full-time education.

You can access the service without a referral from your GP, and no details of your discussion will be shared with your lodge or Province. The service includes an initial telephone assessment with a counsellor and, if appropriate, up to six further counselling sessions either face-to-face or over the phone.

Call our Enquiries team and ask about our counselling service



0800 035 60 90

> **How do I access the counselling service?**

To access our confidential counselling service, you should first call our Enquiries team who will confirm your connection to Freemasonry – they will not ask you to complete a financial assessment. The team will provide you with the details you need to call the counselling service, which you can do at the time that is best for you – day or night.



➤ What if counselling isn't right for me?

For some people, counselling is not appropriate and cannot meet their needs. Enhanced Mental Health support (EMH) offers care that is more in-depth than ordinary counselling. There are several types with the most common being Cognitive Behavioural Therapy (CBT).

To access EMH, you should first contact our counselling service. From there, a counsellor will determine what type of treatment is best for you.

Unlike the counselling service, EMH requires a financial assessment and an application for support. Should EMH be recommended, the assessment and application process will be discussed with you in more detail and you will be supported every step of the way.

If your specific needs cannot be supported by our counselling service or EMH, you will be signposted to an organisation that may be able to help. Our regional Advice & Support Team can support you in accessing these alternative services.



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