

## A Suitable Space: Improving Counselling Services for Asian People



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## A SUITABLE SPACE: IMPROVING COUNSELLING SERVICES FOR ASIAN PEOPLE



Policy Press. Paperback. Book Condition: new. BRAND NEW, A Suitable Space: Improving Counselling Services for Asian People, Gina Netto, Sabine Gaag, Mridu Thanki, Liz Bondi, Moira Munro, Counselling provision is expanding rapidly with increasing recognition of its value in supporting physical and mental well-being. Given this, the continuing low uptake of counselling by black people is a matter for concern. Despite the considerable attention which has been paid to patterns of illness in black people, relatively little is known about their experience of mental health services, including counselling. "A suitable space" examines the views of counselling held by Asian people experiencing stress, anxiety and depression. It considers the views of those who have first-hand experience of such services as well as those who have not. These accounts are used as a basis for considering policy implications for improving voluntary sector counselling provision for this particular client group and for black people in general. The report: reveals a low awareness of counselling among those who have not experienced it and a keen appreciation of the benefits among those who have; uncovers a number of clear preferences concerning specific aspects of counselling service provision, many of which are currently unmet; offers many positive suggestions for policy makers, funders, counselling providers, trainers, black communities and others who share an interest in creating a suitable space for black people within counselling provision. "A suitable space" is aimed at anyone involved in the provision of counselling services, black community leaders, and anyone interested in mental health and culturally sensitive health services.



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