

Toad Counselling Ltd

Because You are the One that Matters

North Devon Military Veterans Mental Health & Peer Support Group

If you are a Veteran and wish to be a part of this group, please email with your details, Name, Rank, Number, which part of the service you were a member, dates joined and discharged.



This group is hosted by RE Veteran, Tony Matthews at the Toad Counselling therapy room in the centre of Bideford, North Devon and can seat 9 to meet regularly, talk, interact, and discuss problems with each other.

Group therapy attempts to give individuals a safe and comfortable place where they can work out problems and emotional issues. Veterans gain insight into their own thoughts and behavior, and offer suggestions and support to others. In addition, veterans who have a difficult time with interpersonal relationships can benefit from the social interactions that are a basic part of the group therapy experience.



The Toad Counselling therapy room is located opposite The Cooperative on Mill Street, central to Bideford with ample parking available which is free after 18:00.

Busses run regular within close walking distance.

Toad Counselling Ltd

Fee: £0.00, this group is free to any and all veterans.

Length: 90 Minutes

Date: Friday, weekly

Time: 19:00-20:30

Office 5
5 Mill Street
Bideford
EX39 2JT

Email: nd-military_veterans_mental_health-psg@hotmail.com
Website: toadcounselling.co.uk
Facebook Page: [@militaryveteranmentalhealthsupport](https://www.facebook.com/militaryveteranmentalhealthsupport)

Donations for Wets/Brew kit, Biscuits and Milk are always welcome