



YOUTH COUNSELLING

FOR THE YOUNG PERSON...

What is counselling?

- √ Designed to help you sort things out in your own mind.
- √ It is about giving you time space and support for you to take control.
- √ It is primarily for 6 weeks, in which time you can explore any issues that are important for you.
- √ After the 6 weeks we hope that you will have learnt some new skills that will enable you to help yourself.

Counselling is not:

- X About us giving you the answers.
- X Another adult telling you what to do.
- X About us taking responsibilities for your issues.

FOR THE REFERRING ADULT...

How the service operates...

- This service is aimed at young people aged between 14 & 25 who need a specific type of support.
- All sessions are confidential and in line with our child protection policy.
- The counsellors are qualified or studying towards their diploma, are all BACP registered, CRB checked & all have agreed to sign up to our code of principals.
- Young people under the age of 16 will be encouraged to inform their parent/care giver that they are accessing this service and to get their consent.
 - The service will be offered after an initial assessment and a discussion with the young person regarding their understanding of counselling.
- Normally sessions will run for 6 weeks with a review at the end of that time with the counsellor.
- The young person will be asked to sign up to some basic ground rules.

...FOR BOTH...

Confidentiality...

Things that you tell us will remain confidential (this means that we won't tell other people without your permission). **HOWEVER, there are some things that we may have to tell others about whether you give us permission or not.**

These are:

1. If you or another person under 18 are in significant and immediate danger.
2. If you made threats about seriously injuring yourself or others.
3. If you tell us about a serious crime that has been or will be committed.

We will always try to decide with you the best course of action. We will always try to let you know if we are going to tell someone else.