

WELCOME TO 121 YOUTH COUNSELLING

121 Youth Counselling is a Counselling Service for distressed and vulnerable young people in the Hart District giving them freedom to share worries and concerns while obtaining non-judgemental and impartial support allowing them to address issues early in their lives to build a brighter future

'I was given strategies and ways to cope in stressful situations and the sessions helped me realise what was going on in those moments and helped me understand my emotions'

'the Counsellor was very understanding and good to talk to'

'the Counsellor was very friendly'

This information pack provides information and guidance on the service that 121 Youth Counselling offers

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WHAT IS COUNSELLING?

Counselling provides a space for you to talk about your life in a non-judgemental environment.

- It can help you to think about your life and reflect on what is happening in a way which you had previously been unable.
- The sessions will focus on what you want to talk about or explore
- It's a chance for you to share your worries and concerns
- The Counsellor will support you and move through the process with you.
- You may be helped to find appropriate coping strategies.
- Some Counsellor may use creative ways of working with clients and sensory items are often available.

The following quotes from previous clients shows the difference that Counselling can make for a young person:

'I find it easier to talk about things I couldn't talk about

'The Counsellor helped me figure out what I had to do to improve.'

'it was good to talk to someone'

'My anxiousness has decreased'

We offer up to 10 sessions of Counselling rather than open ended as it is important that a young person does not become dependent on Counselling. Part of the process is to provide the tools to a young person to take forward in their lives so that in the future they may be able to cope with stressful situations on their own.

What Counselling isn't:

- An advice service
- A way of changing the behaviour of a Young Person
- A chance for others to try and change a young person or influence the content of the session
- A place where a young person is told what they have to do

THE COUNSELLING PROCESS AT 121

At 121 Youth Counselling we support Young People who live, go to school or who are registered with a Doctor in the Hart District. We accept referrals from young people, parents, schools, GP's, social workers and other professionals. Our referral form can be found at

<https://www.hartvolaction.org.uk/counselling/youth-counselling/>

Referral



Waiting list



Initial Session



Counselling



Review



Ending



What next?

If you are referred to Counselling it is important that it is something that you want to do and that you haven't been told you have to come. Once you have decided you would like to try Counselling then you can complete the referral form on our website.

Once we receive the referral form you will be placed on the waiting list. We will contact you to let you know we have done this. Waiting times do vary depending on how flexible you can be with session times and method of delivery. We will ask you for your availability and preference on delivery at this stage.

The first session will be a one-off initial session. This is a chance for you to find out more about Counselling and what 121 Youth Counselling can offer you. It is also a chance for you to explain why you want to come to Counselling. At the end of this session, if counselling is the right option for you, you will be asked if you want to continue and have Counselling.

We offer up to 10 Counselling sessions for each young person. Each session will be up to 50 minutes long and will be at the same time and place each week with the same Counsellor. Sessions can take place either face-to-face or using Zoom or by phone.

The Counsellor will review with you on a regular basis to see how you are finding the sessions, what has changed and confirm that you want to continue. Young People do not have to continue with Counselling and are able to drop out at any time if they find it is not for them.

The Counsellor and you will discuss coming to an end and plan for this.

Many young people will not need any further intervention once the Counselling has finished. However, we do not leave any young person without support if it is needed. If relevant we will recommend alternative services to you if we think you will benefit. We are also able to do referrals to CAMHS and other agencies if required

BOUNDARIES IN COUNSELLING

Confidentiality

Counselling is confidential. This means that a Counsellor will not report back to your parents or carers on the content of the sessions and no progress report will be given.

You can choose to discuss the sessions with others if you wish but you don't have to.

Why aren't my
Parents
involved?

For Counselling to be effective a young person needs to know that whatever they say to their Counsellor will be kept between them. This then allows them to process all their feelings and emotions without fear of anyone finding out.

Will you really not
tell my parents
anything?

There are exceptions to confidentiality. These are:

- **If there was concern about the safety of the client or of another person**
- **Where information is required to be released by law**
- **Inference to an act of terrorism**
- **Money laundering**
- **Drug trafficking**

The Counsellors

All of our Counsellors are members of a Counselling Association, usually the British Association for Counsellors and Psychotherapists (BACP). We do use Counselling students to see some of our 16 + age group. However, all have passed a competency test to be able to work with clients.

Attendance

We do have a strict attendance policy. It is really important that a young person attends on a regular basis and does not miss lots of sessions. When a young person misses sessions it disrupts the continuity of the Counselling. We are a charity and rely on funding and donations to be able to provide the service. A missed session costs us roughly £40.00.

When accepting the offer of Counselling sessions please advise us of any already planned and booked holidays or events you have over the period the sessions are being offered. We will allow you to miss two sessions for anything that you had already booked prior to sessions being offered.

In addition to the two weeks of planned holiday you will be able to cancel two sessions giving us more than 24 hours' notice. These sessions will be counted towards the total number of sessions ie if you have 10 sessions and you cancel two sessions during the period you will only attend 8 sessions in total. The third time a session is cancelled then you will lose your place in the service.

WHAT TYPES OF THINGS CAN I TALK TO MY COUNSELLOR ABOUT?

You can use your Counselling sessions to talk about whatever you need to. However, some of the common things that Young People talk about in sessions are listed below:

- Anxiety
- Depression
- Bullying
- Online bullying
- Self-Harm
- Suicidal ideation
- Low self-esteem
- Loneliness
- Lack of self-care
- Gender Identity
- Sexuality
- Relationship issues
- Family issues
- Stress
- OCD
- Body image

WHAT OTHER HELP IS AVAILABLE?

Between Counselling sessions, you may want to access other help and support. Please see some options below:

CRISIS HELP

- Papyrus
Phone: 0800 068 41 41
Text: 07860 039967
Email: pat@papyrus-uk.org
- Childline
Phone: 0800 1111
Online: <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>
Message Boards: <https://www.childline.org.uk/get-support/message-boards/>

INFORMATION AND RESOURCES

- Young Minds <https://www.youngminds.org.uk/young-person/>
- Kooth <https://www.kooth.com/>
- The Mix <https://www.themix.org.uk/>

TEXT SERVICE

Give us a Shout Text: 85258
<https://giveusashout.org/>

ONLINE SUPPORT

Kooth <https://www.kooth.com/>
The Mix <https://www.themix.org.uk/>

FACE-TO-FACE SUPPORT

Safe Haven

Phone: 07918259361 (to make an appointment)
Address: Hale Community Centre, 130 Upper Hale Road, Farnham, GU9 0JH (by appointment only) (by appointment only)
<https://nolimitshelp.org.uk/get-help/health-wellbeing/safe-havens/>

SELF HELP APP

Calm Harm <https://calmharm.co.uk/>