

WELCOME TO 121 YOUTH COUNSELLING PARENT INFORMATION

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

In the last three years, the likelihood of young people having a mental health problem has increased by 50%

www.childrenssociety.org.uk

Parents want what is best for their children and do all that they can to try and help their teenagers.

Knowing what to do to help and knowing what to say to a young person are some of the challenges that are faced by parents

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 a person to talk about their lives in a non-judgemental environment.

- It can help a person to think about their life and reflect on what is happening for them in a way which they had previously been unable.
- The sessions will focus on what the young person wants to talk about or explore
- It's a chance for them to share their worries and concerns
- The Counsellor will support the client and move through the process with them.
- A young person 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 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.'

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

'My anxiousness has decreased'

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

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

Once we receive the referral form they 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 they can be with session times and method of delivery. We will ask you for their availability and preference on delivery at this stage.

The first session will be an initial session. This is a chance for your child to find out more about Counselling and what 121 Youth Counselling can offer them. It is also a chance for them to explain why they want to come to Counselling. At the end of this session, if counselling is suitable for them, they will be asked if they 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 your young person on a regular basis to see how they are finding the sessions, what has changed and confirm that they 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 them 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 them if we think they 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 the parents or carers on the content of the sessions and no progress report will be given.

Why will I not get updates?

A young person can choose to discuss the sessions with you if they wish but it is important that as a parent you don't put pressure on them to share details unless they want to. Understandably this can be frustrating for a parent.

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.

But I am concerned about the safety of my child

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**

In any of the circumstances above the Counsellor will decide on the action that is to be taken. This will not always involve the parent being informed, but a Counsellors will always have the best interest of the young person.

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.

ISSUES FACED BY YOUNG PEOPLE TODAY

Young People face many issues today. Below is a list of things that our Counsellors have noticed young people bring to their Counselling sessions on a regular basis:

- 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

COMMUNICATING WITH YOUNG PEOPLE AS A PARENT

It may be tempting to assume that you understand what your young person is going through based on your own experience of being a teenager. It is important to recognise that everyone experiences situations differently and so their experience is unique and deserves to be heard without judgement.

As a parent we only want what is best for our children. However, we are not always able to communicate this in the best way. We can get frustrated and angry at their behaviour which in turn leaves them frustrated and angry with you.

Common things that parents might say are listed below with alternatives that could be used

Often said	Instead Say
It's not a big deal	Tell me more about it
It will be ok	That sounds really hard
It can't be that bad	What do you want to do about it
I know what you are going through	Tell me how it's making you feel
I'll sort it for you	What do you want me to do to help you?

Other things to consider when helping your child:

- Use their language. For example, if they say 'self-harm' don't use the word 'scratches' as this plays down the self-harm
- Really listen to them and don't interrupt.
- Spend time with them.
- Don't try to fix them.
- Take them for a walk, drive. Don't push a conversation on them, let them open up in their own time.
- Ask open questions, be curious not judgemental.
- Try not to tell them what they have to do.
- Try not to go behind their back to sort out situations such as going to the school to try and sort out bullying. Ask them what they want you to do about it and offer the option of you going to the school if they want.

WHAT OTHER HELP IS AVAILABLE?

As a parent you may want to access further help and support. Below is a variety of different sources of help that you may like to access to help you in supporting your young person.

INFORMATION AND RESOURCES

- **Young Minds**
<https://youngminds.org.uk/resources/>
- **Children and Adolescent Mental Health Service**
<https://hampshirecamhs.nhs.uk/help/parents-carers/>
- **MindEd**
<https://mindedforfamilies.org.uk/young-people>

PARENTING COURSES

Care for the Family offer parenting courses alongside information and advice

<https://www.careforthefamily.org.uk/courses/parenting-courses-time-out>

FAMILY SUPPORT

Relate offer help and advice on parenting teenagers and offer **Family Counselling for a fee:**

<https://www.relate.org.uk/relationship-help/help-family-life-and-parenting/parenting-teenagers>

FAMILY COUNSELLING

We offer family Counselling to families living in the Hart and Rushmoor Districts. More information about this and how to refer can be found here:

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



HELPLINE

Young Minds have a parent **helpline** which you could access for support. Call for free on **0800 802 5544** from 9:30 – 16:00 Mon – Friday.

There is also the option for webchat support or email support. Click on the link below to find out more.

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>