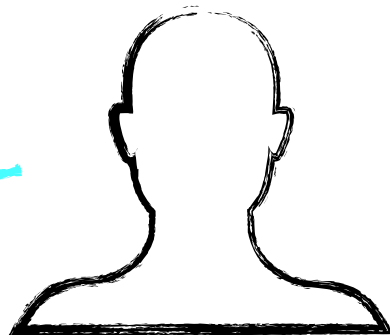


DO YOU WANT TO TALK ABOUT IT?

YOUTH COUNSELLING FACT SHEET



Counselling
will take place at
Worthing Counselling
Centre

*(a short walk from
Broadwater shops)*

You can have up to
10 sessions for free

Your first
session will be an
initial meeting
*(this session will involve
filling out paperwork)*

You need to be on
time for sessions,
don't be late

Sessions will be 50
minutes long

You will need to give
48 hours notice if you
are unable to attend
an appointment

You will meet with the
same counsellor at the
same time each week

Anything discussed within
your sessions will be kept
confidential and won't be
shared

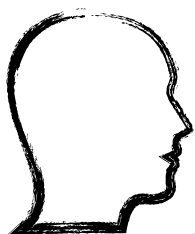
*(there are certain circumstances where
information may need to be shared;
your counsellor will explain this
when you first start counselling)*

The Blueprint 22
counsellors have been
hand picked for us

It is a
requirement for all
counsellors to attend
supervision this is where they
can discuss anything from their
sessions and find ways to help
their clients

*(your name or personal details
will never be mentioned
during supervision)*

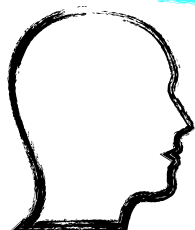
Worthing Counselling
Centre is a BACP
accredited service



It is possible for things to feel worse before they get better so don't automatically think that it isn't working, stay with it these things take time



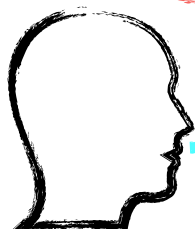
When you start counselling it maybe normal for you to not know what the problem is your counsellor will help you to work this out



It is likely to take time for you to build trust and a relationship with your counsellor so don't be disheartened If this doesn't happen straight away, stay with it



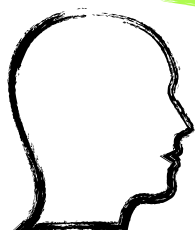
Counselling is a safe place to explore difficult or overwhelming emotions such as anger, fear and sadness



Every counsellor is different so if you have had a bad experience in the past try not to think this will be the same



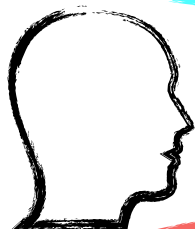
Counselling can help to relieve anxiety and help you find coping mechanism for many things such as anxiety, stress, depression and overcoming challenges and past experiences



Counselling isn't a quick fix and isn't a magic wand to make everything go away but will help you find ways to cope better and find answers within yourself



It's okay to cry in counselling or even laugh
(some people get awkward laughter)



Don't worry about saying or doing the right thing



It's important to look after yourself whilst in counselling. Outside of your sessions make sure you eat, drink and rest *(it is possible for you to feel more tired when in counselling)*



You are in control of what happens in your sessions and you can talk as much or as little as you want