What other young people have said about their Dialogue counselling .......

"I feel more positive and less stressed.”

"I liked being able to talk to someone and getting help and support.”

"It helped me to develop my thoughts and it’s really good when you know that there’s someone who’s actually listening and cares.”

"It was relaxed and chilled out.”

"Seeing the counsellor gave me the opportunity to talk about things I otherwise wouldn’t.”

Information for students about our Counselling Service at College

If you would like to enquire about our counselling service then please go to Student Services and speak to either Jane French or Nicola Algar.

Your need will be assessed and all information will be treated in the strictest confidence.

Other useful contacts:
Young Minds 02070895050
www.youngminds.org.uk

Childline 0800 1111
www.childline.org.uk

Samaritans 08457 909090
or 116 123 (free call number)
www.samaritans.org

Cruse Bereavement 08444779400
www.crusebereavementcare.org.uk

Papyrus 0800 0684141
(Prevention of young suicide)
www.papyrus-uk.org

Allsorts LGBTU Project 01273 721211
www.allsortsyouth.org.uk

YMCA DOWNSLINK GROUP
Why do young people come to see a counsellor?

For many different reasons.

Some of which might include your relationships with family and friends, your self confidence, the illness or death of someone close to you, bullying, self-harming, academic work, feeling generally unhappy and a bit low or worrying about life at College.

If it’s difficult to talk some students paint or draw in the session.

Can I talk about anything I like?

Yes! The counsellor will listen to you without judging you or telling you what to do.

Everything you talk about is confidential and nothing you tell the counsellor will be passed on to anyone else unless we think you or any other person is at risk of coming to harm. Even then we would hope to talk to you about it first.

Sometimes young people ask us to talk to parents, carers or another adult about what’s going on for you.

How do I know the counsellor is a safe person to talk to?

All our counsellors are qualified or in the later stages of Diploma training and have interest and/or experience in working with young people. They all have Disclosure & Barring Service checks.

We are an accredited member of The British Association for Counselling & Psychotherapy and abide by their Ethical Framework for Good Practice which helps protect young people.

We have indemnity insurance and policies that cover safeguarding, confidentiality, equal opportunities as well as a complaints procedure.

What happens in counselling sessions?

The purpose of seeing one of our counsellors is to offer you a regular, supportive, safe, confidential space to talk about anything that is making you worried or upset.

Your counsellor will listen to you and talk through any difficult things that are going on for you.

How will I know counselling is right for me?

When you meet the counsellor for the first time they will ask about what is going on for you and give you the space to do that. More importantly you can talk in confidence, ask her lots of questions and decide if counselling would be helpful or not for you.

Coming to counselling is voluntary. You have the choice whether to come or not and whatever you decide will be ok.