

What is Counselling?

Counselling is talking therapy and might be a source of support.

You can access a safe, trusting and supportive space to share the things that are going on for you and be listened to.

This is a space free of judgement, criticism or preconceptions.

[Counselling & Therapy | How To Access Therapy | YoungMinds](#)

It may allow you to process, reflect on, and understand yourself more.

Supporting you to find ways of coping & managing, or practical solutions to issues you may face.

This could be focussed around:

- ❖ Emotions
- ❖ Behaviours
- ❖ Thoughts
- ❖ Experiences
- ❖ Physical health
- ❖ Mental health conditions
- ❖ Bereavements/ Grief
- ❖ Relationships
- ❖ Identity/ Self Image
- ❖ Work/ School related issues

Or anything that you wish to talk about, share, understand or reflect on.
No problem is 'too small' to talk about

What to expect from sessions

The first session will start out with signing a contract.

This does not mean you are tied into anything; you are signing to ensure you understand the limits to confidentiality.

The rest of the session is about understanding what's going on for you now and what life looks like for you.

e.g. family, friends, work, subjects, what you are struggling with.

You can bring anything to talk about, it doesn't have to be the same focus each week.

Some weeks you might want specific support, some weeks it might just be to have someone listen.

Following sessions will be led by you and cover whatever you would like to talk about.

These are your sessions, and it is important you get what you need from them.

We usually agree to 6-12 sessions, which are 50 mins long. These are the same time every week in a RS or free period.

