

## What kind of Counselling could I have?

- If you are aged between 11-17 contact your GP or make a referral via the Newcastle/Gateshead Single Point of Access ("SPA"). SPA can be contacted via email at [NGSPAadmin@cntw.nhs.uk](mailto:NGSPAadmin@cntw.nhs.uk) or by calling 0303 1231147
- If you are aged between 18-25 you can make a self-referral through the Streetwise website: [www.streetwisenorth.org.uk/counselling-mental-health-2/](http://www.streetwisenorth.org.uk/counselling-mental-health-2/)
- If you don't feel able to ask for support/help yourself, someone can do this for you, for example a parent/carer, a friend, teacher, mentor etc.

### What Young People who have come for Counselling have said:

"My Counsellor helped me deal with the trauma I had gone through, I was able to explore what happened and realise that it does not define who I am."

"I am more open to my feelings and feel more confident."

"It's been good having someone to talk to and I'm enjoying using my journal and mindful colouring."

"I feel a lot more able to talk to people now. I previously felt nervous and thought I was a burden, but here I felt calm and confident in being able to talk."

"I have learnt that my needs are important and that I am worthy of love just as much as other people and that no one is more or less important."

"I don't get as angry as I did before and don't have panic attacks anymore."



## For More Information:



If you would like more information, please visit our website.

If you have been affected by any of the issues described in this leaflet you can talk to a Counsellor or a Youth Worker at a Streetwise drop-in.

### Advice is FREE and CONFIDENTIAL.

Produced by: Streetwise Young People's Project:

Young People's Information, Advice, Counselling, Sexual Health and Support Service for 11-25 year olds.

## Streetwise

YOUNG PEOPLE'S PROJECT

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# The Streetwise guide to Counselling



Streetwise  
YOUNG PEOPLE'S PROJECT

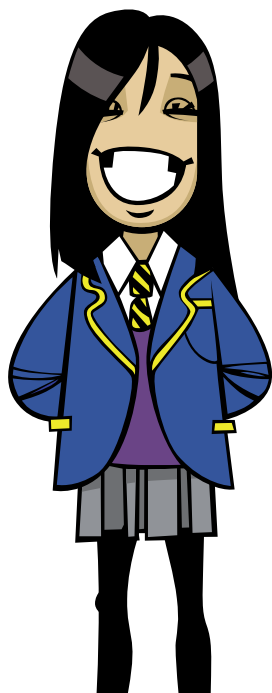
## What is Counselling?



Sometimes in life we can find things stressful or difficult to cope with and Counselling is one way to help you to work through your worries, problems, thoughts and/or emotions.

During your Counselling session you'll be encouraged to talk about your worries and emotions in a safe and confidential space with a trained Counsellor. They can help you gain a better understanding of your emotions, circumstances and thought processes and will support you to find your own strategies and solutions, to help you to move forward, cope and recover.

Your Counsellor will accept, listen and respect what you share. They will not judge, patronise or tell you what they think you should do, but they will support you through your counselling journey, so that you feel able to make the decisions and choices that you feel are right for you.



## What types of things can Counselling help with?

- ⇒ Anxiety
- ⇒ Depression
- ⇒ Bullying
- ⇒ Low Mood
- ⇒ Low Self Esteem
- ⇒ Stress
- ⇒ Relationship difficulties
- ⇒ Loss and Grief
- ⇒ Sexuality Issues
- ⇒ Parental Divorce and Separation
- ⇒ Trauma / Distress

and anything else worrying you!

## How often will I see my Counsellor?

Counselling sessions will last a hour (50 minutes) and are usually on the same day and at the same time each week.

You will see the same Counsellor on a regular basis for six weeks, a few more sessions can be discussed if needed.



## What kind of Counselling could I have?

- Face to Face Counselling
- Telephone
- Teams



## Will anybody else know about my Counselling?

No, not if you don't want them to know. Your session arrangements and what you discuss with your Counsellor is confidential. This means that your Counsellor will not tell other people what you talk about.

The only time this would change is if your Counsellor is seriously concerned for your safety or the safety of another person. However, your Counsellor would always aim to talk to you about this first and you will talk more about confidentiality in your first session.

If you are under 13 you will need your parent/ carer consent to attend your own one to one counselling session.

