

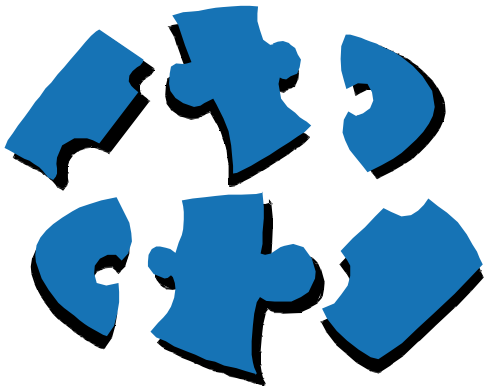
What is counselling?

Sometimes we all have problems that worry us and it's not always easy to talk to someone close to us. A counsellor is someone you can talk to in a different way, someone who will listen to you very carefully, who will not judge you or tell you what to do.

Counselling is about helping you to work things out for yourself, making decisions and choices and helping you to look at things differently. It can help you to feel better about yourself. Think of a confusing jigsaw when all the pieces are difficult to fit together.

Talking about a problem in counselling is like sorting out all the pieces so we can begin to build a picture that makes more sense to us.

A counselling session is time and space for you and nobody else. It is entirely voluntary; no-one can make you go.



How do I get to see a counsellor?

To get an appointment with us, just fill in the request form with this leaflet and return it to the address on the form. The counsellor will then contact you as soon as possible with an appointment time for your first session.

You can meet the counsellor for one or more sessions to find out whether counselling is right for you. You can ask questions and see how you feel, before making a decision. Whatever you decide will be OK.

If you choose to continue, you and the counsellor will usually meet once a week for 50 minutes. The number of sessions you have will depend on what is right for you. Some people just have a few sessions, others may need more.

What kind of things could I talk about in counselling?

Basically, whatever matters to you or whatever is worrying you. Here are some examples of things other young people have talked about:

- Feeling depressed/anxious
- Making friends/keeping friends
- Chaos at home
- Feeling angry and don't know why
- Bullying
- Having a tough time
- Parents splitting up
- Death of someone special
- Confused feelings about who I am
- Wanting to hurt myself or others



Confidentiality

What you talk about is confidential. That means it's between you and the counsellor. It's your time and your space to be with someone who is there for you and nobody else.

There is one exception to this: if you or someone else is at risk of serious harm, the counsellor may need to talk to someone else to help keep you safe. However, the counsellor would talk with you about this first.

Appointments

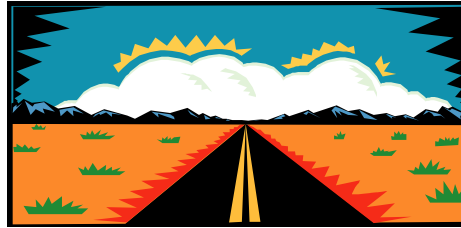
Usually appointments are booked in advance and are held at the Mindspace Rooms on York Place in Perth. If you decide counselling is for you at your first appointment, the counsellor will agree a regular time each week for you to meet.

Cancellations

If you have made an appointment with your counsellor he or she will be there to meet you. If you have to cancel please let the counsellor know by telephoning the number on the front of this leaflet. You may need to leave them a message if they are not there.

Who are the counsellors?

We are a team of professional counsellors experienced in working with young people. We are based in a number of community settings within Perth & Kinross.



The Service

Mindspace Counselling Services are recognised by COSCA (Counselling and Psychotherapy in Scotland) and are entered on their register of approved counselling services.

Alison Brown
Counselling Co-ordinator

The Young People's Counselling Service is supported by Choose Life

Registered Office: Perth Association for Mental Health
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**Young People's
Counselling Service**

11 to 25 years

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