

## How can I talk to a counsellor?

You can ask a family member, carer, teacher or other professional person to get in touch with us.

Our contact details are:



[enquiries@hampshireyouthaccess.org.uk](mailto:enquiries@hampshireyouthaccess.org.uk)



023 8214 7755



[www.hampshireyouthaccess.org.uk](http://www.hampshireyouthaccess.org.uk)



HYA 35 The Avenue, Southampton  
SO17 1XN

Find us on social media:



### Equal Opportunities

All children and young people have an equal right to use our service and an equal right to respect.

### Consent and Confidentiality

The HYA service is confidential. This means that everything you tell us will remain confidential, unless there is a serious risk of harm to you, or another person.

We will work with family and professionals to ensure everyone understands this.

If we do need to share information we will explain why, when and how this will happen.

We will seek consent to work with children and young people under the age of 13.

### How are we doing?

We want to hear what you think so we can give you the best service possible. Please let us know what we are doing well and how we could improve. You will be asked to give feedback by your worker, please take the opportunity to do so.



# Supporting a Young Person in Counselling

This leaflet is designed to provide information about Counselling and gives advice on how you can support a young person throughout their counselling experience.

[www.hampshireyouthaccess.org.uk](http://www.hampshireyouthaccess.org.uk)

023 8214 7755

## Who is this guide for?

This leaflet is for anyone who is supporting a young person having counselling; this could be a parent or carer, sibling or friend.

## What is counselling?

Counselling is a 'talking therapy' – a way of supporting people (of any age) to deal with personal problems which are having a negative impact on their emotional wellbeing.

It provides an opportunity for people to talk to someone in confidence, about anything that is worrying them such as:

- Feeling stressed or anxious
- Managing feelings
- Feeling low or depressed
- Self-harm
- Bereavement, loss and grief
- Relationships with friends/family
- Difficulties at school/work/home
- Making a difficult decision
- Sexuality
- Problems with drugs or alcohol
- Abuse
- Loneliness or feeling isolated

All of our counsellors are experienced, qualified counsellors and adhere to BACP guidelines.

## How can you help?

As a parent or carer you may want to be involved in supporting your child through the counselling process.

Some young people may want to discuss their counselling experience with you and some may not. It is important that you let your child decide what is best for them and respect their privacy.

You can offer help and support in many ways:

- Try to help the young person to recognise the value of regularly attending sessions.
- Respect that it is the choice of the young person whether to attend (or to not attend) their session.
- Give them time and space, they may have a lot to think about and information to digest. They will share their thoughts and feelings if and when they are ready to.
- Support them to express how they are feeling.
- Trust the professional relationship between them and their counsellor.

Be aware that this process may be difficult and may have an impact on you too. Counselling can be a difficult and emotional time and people can often take it out on those closest to them.

## Frequently asked questions

### How long will my child have to wait for counselling?

Your child will first need to attend an initial assessment, they will then be placed on to a waiting list and will be contacted as soon as possible.

### What Happens in a Counselling Session?

Sessions are client led, this allows the client to tell the counsellor how they are feeling, begin to understand why, and then to put in place strategies for managing feelings and behaviour in order to make changes in their life and move on.

### Can I go into the session with my child?

We understand that you may want to be involved, however it is better that your child speaks with their counsellor on their own. Your child will be able to speak more openly about what is troubling them. In the case of 5-10 year olds you may be invited in to the first and final sessions.

### Useful resources:

NSPCC: 0800 1111

Samaritans: 116 123

Breakout Youth: [www.breakoutyouth.org.uk/](http://www.breakoutyouth.org.uk/)  
02380 224 224

Bullying UK: [www.bullying.co.uk/](http://www.bullying.co.uk/) / 0808 800 2222

If your child is in crisis please go to your GP or call 999 if you are worried about their immediate state of mind.

## Our partners are:



Albare



Youth in Romsey



It's Your Choice



No Limits



Eastleigh Youth Counselling



Winchester Youth Counselling



The Moving on Project



Off the Record



YPI Counselling



121 Youth Counselling



Step by Step