

Drop in to our Advice Centre, call or visit our website to speak to one of our friendly youth workers



No Limits
13 High Street
Southampton
SO14 2DF

Counselling

Equal Opportunities

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

Confidentiality

We believe anyone using our service has a right to privacy so we offer a confidential service.

Everything they tell us can remain confidential. This means we won't talk about anything we hear to anyone outside of No Limits unless there is a serious risk of harm to the individual or another person.

How are we doing?

We want to hear what you think about our service to help us offer the best service possible. Please let us know what we are doing well and how we could improve. You can do this by talking to a worker, visiting our website, writing in our comments book or completing a form

**NO
LIMITS**

Helping Young People
Help Themselves

Registered Charity No. 1088835

Supporting a Young Person in Counselling

This leaflet is designed to provide information about No Limits Counselling and gives advice on how you can support a young person throughout their counselling experience.

**NO
LIMITS**

Helping Young People
Help Themselves

www.nolimitshelp.org.uk

Tel: 023 8022 4224

At your school or college:

Come and see us at one of our Health and Wellbeing drop-ins at your school or college. See our website for details
www.nolimitshelp.org.uk/school-and-college-drop-ins

023 8022 4224

advice@nolimitshelp.org.uk

www.nolimitshelp.org.uk

www.facebook.com/nolimitshelp

[@nolimitshelp](https://twitter.com/nolimitshelp)

Support us

Your help and support can change the life of a young person and give them a brighter future.

For information on how you can get involved, including how to make a donation...

Call: 02380 224224

Visit: <https://nolimitshelp.org.uk/get-involved/>

Or send a cheque to our registered office

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

Each counselling session will be at the same time and day each week and will last 50 minutes.

Our trained counsellors are friendly and welcoming and won't make judgements about the person or their problems. Our counsellors will never tell a young person what to do.

How can you help?

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

Someone having counselling may want to talk with you about their experience and some may not. It is important that you let them 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.



"I felt I had someone to turn to when I needed to about my worries, without being judged. I had help working out useful coping techniques."

Frequently asked questions

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.

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.

Can I Refer My Child Without Their Permission?

Counselling is a voluntary process and will only be successful if the person being counselled wants to be there.

If you think your child would benefit from counselling you should talk it through with them first and get their consent.

Useful contacts/information:

NSPCC: 0800 1111

Samaritans: 116 123

Breakout Youth: www.breakoutyouth.org.uk / 02380 224 224

Bullying UK: 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.