

**Support:** you may know what you need to do, but not quite know how to go about it, or maybe you want someone actually present to support you.

**Come and talk about it.**

**Counselling:** problems can come along that seem overwhelming. By talking about the situation and how you feel about it with someone who will listen, and help you explore and understand, new options can appear, Try it!

**Therapy:** this is a longer-term counselling relationship. The therapist will help you explore the relationship between your present feelings and actions and past events and experiences. If your question is “why does this *always* happen?” or “why do I *always* feel like this?” – then come and talk!

**We will not tell you what to do.**

**We will listen and help you to work out what you want to do**

**Help! Counselling for 9 to 25 year olds (South West) Ltd**  
**is charitable company, limited by guarantee.**  
**Registered No 4294790**  
**Reg. Charity No 1103888**

<http://www.help-counselling.org.uk>

## For further information:

Telephone our central office:  
(0117) 950 2511

**We do ask for a contribution to costs.**

**We ask you to pay what you can genuinely afford.**

**We are a self-funding voluntary organisation.**

**We ask for a *minimum* payment of £3**

<http://www.help-counselling.org.uk>

### Useful web sites and numbers.

The NSPCC: <http://www.there4me.com>

Health: <http://www.mindbodysoul.gov.uk>

Drugs: <http://www.trashed.co.uk>

Bullying:

<http://www.metpolice.uk/mps/youth/you-002.html>

Talk to a young person (web site, e-mail,)

<http://www.youth2youth.co.uk>

Telephone 020 8896 3675 – they can call back.

National help-line and information:

<http://www.childline.org.uk>

Telephone counselling: 0800 1111



For 9 to 25  
year olds

Sad  
Angry  
STRESSED  
Confused  
Need information  
Worried  
Scared  
Lonely  
Need some choices  
Need to talk

Emotional Support,  
Counselling, Therapy.

**By appointment only**

Sessions last up to one hour.  
There is no pre-determined  
limit to the number of  
sessions.

**You choose to start.**  
**You choose when to stop.**



## For 9 to 25 year olds

- Most of us experience times in our lives when the help we need just doesn't seem to be there.
- We might need someone to talk to whom we can trust and who can help us think things through. Sometimes we can talk to our family or our close friends, but that can feel too close to home, especially for very private problems.
- There can be big problems at home or maybe you have some bad news that you are worried about - what will happen when people find out?
- You may be struggling with getting on with your parents, teachers, brothers and sisters - feeling that they don't understand you.
- Maybe you have a big decision to make and you don't have enough information to find a solution that feels right for you. Perhaps you need a safe way to find out the options available and someone to talk through the feelings with.

And then there is the pain  
that maybe no one else sees –  
it may be

**shyness,  
bullying,  
anxiety**

or any other personal nightmare.

Whatever it is,  
you don't have to try to cope alone.

### ***HELP COUNSELLING***

Help has trained, independent, counsellors who can really listen to you in a non-judgemental way, and give you a safe space to talk through what is bothering you

No matter how large or small the problem seems to be, counselling can help you explore and understand your feelings, thoughts and your actions.

Gradually you can see how other peoples' feelings and actions may be affecting you

Then you can start to make positive changes, perhaps begin to see the choices and options that were hidden before

- Perhaps you have some very serious difficulties that you feel unable to manage:
- coping with serious illness, either your own or someone close to you
- someone close to you may have died, or attempted suicide
- growing up with chaotic people, maybe they are violent, maybe they drink or use drugs. There are lots of ways people can hurt each other
- having to cope with really horrible things happening to you or to your family
- making choices that seemed OK at the time, but those choices bring problems - including fighting, crime, sex, drugs – you want to change
- Whatever the problem, this could be a good time to get some

