

Issues we can help you with include:



Relationship problems

Chaos at home

Making friends/keeping friends

I feel angry but don't know why

Bullies



A tough time at school



Death of someone special

Feelings about myself



Sexuality

Parents separating

Does it work?

"I can let out my problems and know they won't be shared. My problems and worries are not kept hidden."

"They stop me being scared. To have someone to help."



"They helped me to feel better about myself."

Want to know more?

If you have any further questions, or complaints, speak with your counsellor or contact our counselling managers on:

counsellingmanagers@rowanconsult.co.uk
01738 562005

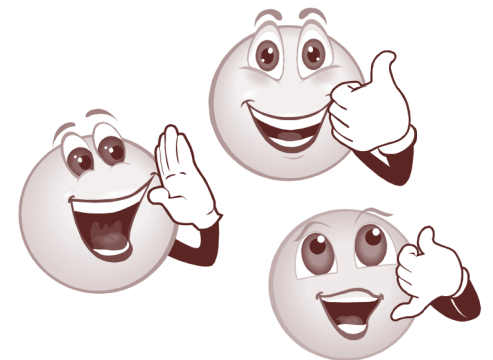
www.rowan-consultancy.co.uk



Recognised
COSCA
Counselling
Organisation

Young People's Counselling Service

4 to 18 years

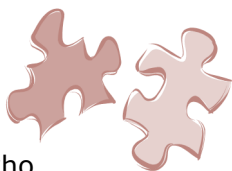


rowan
live active

What's Counselling about?

Everyone worries. It can feel like a confusing jigsaw. Talking about a problem can be like sorting out the pieces to build a picture that makes more sense.

Sometimes it's difficult to talk to parents, friends or teachers about these worries. A counsellor is someone who will listen to you very carefully, who will not judge you, or tell you what to do.



It's about helping you:

- ★ to talk about your worries,
- ★ to work things out for yourself,
- ★ to make decisions and choices,
- ★ to think about things differently,
- ★ to feel better about yourself.

Is Counselling right for me?

You can meet your counsellor to find out for yourself. You can ask questions and see how you feel.

It's voluntary, meaning you have the choice to come or not. Whatever you decide will be OK.



Will other people know what I talk about?

No. What you talk about is confidential. That means it's between you and your 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, your counsellor may need to talk to someone else to help keep you safe. Your counsellor would talk with you about this first.

Your counsellor presents her work regularly to her supervisor and sometimes to the Rowan Counselling Managers. This is to check that they are working well with you.



Will anything be written about me?

Keeping information about people safe and confidential is very important. Your counsellor will make some notes about what has been talked about in the session. If you want to read these you can.



Your first appointment

At your first session your parent or guardian may come with you and meet your counsellor too. After this, it will just be you meeting your counsellor.

Each session will last 50 minutes. Your counsellor will discuss with you how many times and how often you will meet; generally meeting once a week.



Cancellation

Your counsellor sets your appointment time aside specially for you. If you are unable to keep your appointment, please contact them as soon as possible.

If this is less than 24 hours before your appointment, it will still need to be paid for.

