

HERE 2 HEAR

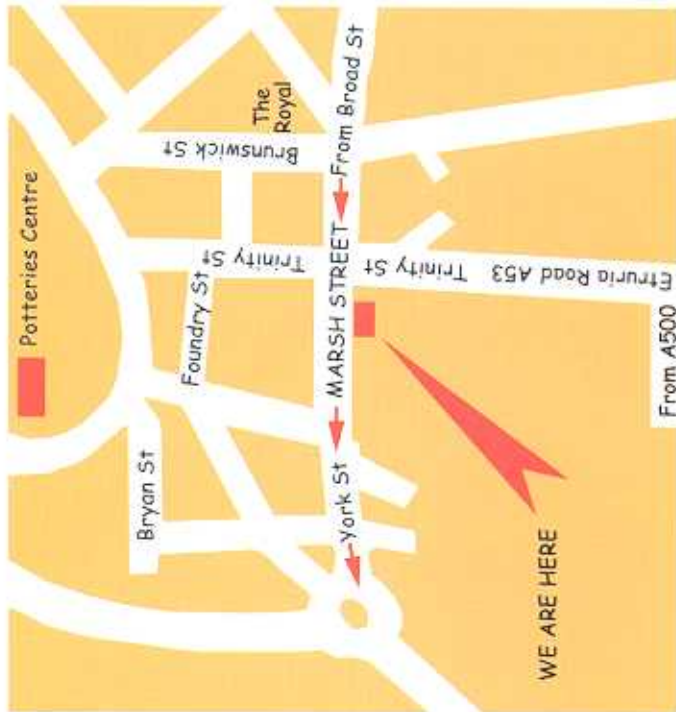


young people

Free and Confidential Counselling Service for
Children and Young People up to 20 years



For better mental health



NORTH STAFFS MIND

83 Marsh Street, Hanley, Stoke-on-Trent, ST1 5HN
Telephone: 01782 262100 Fax: 01782 262212
Registered Charity Number 700788

WHY WE ARE 'HERE2HEAR'?

Sometimes when we feel worried, upset, angry or frightened we don't know what to do. Sometimes we have a feeling that something is not OK but we don't know what it is or how to explain what is troubling us.

We may wish that we could talk to someone about how we are feeling but do not know who to go to.

I feel angry



HERE AT MIND YOU CAN TALK TO A COUNSELLOR.

I feel Confused



A counsellor is someone who will listen to you carefully and help you look at your feelings. Then work out what you and/or those around you can do to make things better.

In the counsellors special room there are many activities to help you talk about how you feel. Things like books, painting, clay, sand, board games, dolls: or you can just sit and chat.

WILL IT BE SAFE TO TALK?

Yes. Nothing you talk about will be repeated to parents, teachers or anyone else without your permission. This is called 'confidential'. But, if your counsellor was worried that you were being hurt or in danger of being harmed she/he may need to tell someone else to keep you safe. Your counsellor would talk to you about this first.

TALKING TO YOUR COUNSELLOR.

I feel guilty



Sometimes it can be strange telling someone about what is worrying you; that's OK. The counsellors here have worked with children for a

long time and understand that it can be hard to find the words to describe how we feel when we are hurting.

NOBODY WILL FORCE YOU TO TALK. IF YOU DO NOT WANT TO THAT IS OK!

I feel afraid



Your counsellor will only see you if you want to see her/him. If you are a bit worried about this, it may be a good idea to agree to coming a couple times just to try it out. Children usually decide they want to come back!

WHAT HAPPENS NEXT?

Once someone tells us that you could do with coming along, we will ask you to come in with your parent/carer at a set time: 'appointment'. This will give us the chance to get to know each other and find out what the problems are. The person you'll see will make a few notes, then put you on a waiting list.

I feel sad



As soon as a counsellor can fit you in, you'll be given a set time to come each week or fortnight then you'll always see the same person; who may be different to the one you saw the very first time. It often helps you settle if your parent/carer comes along with you for a short while during this first proper session but after that you'll see your counsellor by yourself; your time together will be private.

I feel relieved



Counselling isn't forever; it's just until you feel better.