

**talk – 2 – us**

**COUNSELLING**



**Helping Young People Build Their Future**

**talk-2-us** is a free, confidential counselling service for young people aged 13 to 26

**Why?** Young people can access counselling with us for many different reasons. Typical issues can include not making sense of themselves or others, relationship breakdown, sexual, physical or mental abuse, self-harm, bullying and young parenting issues.

**How does it work?** If you think you may like to meet with a counsellor, ask your key worker to arrange an initial appointment for you. This will give you an opportunity to meet with a counsellor and decide whether counselling is right for you at this time. It will also give you the chance to discuss your goals for counselling. If you want to go ahead with the sessions you may be asked to complete an assessment form (with your counsellor or key worker) and to sign a contract.

**How often?** **talk-2-us** will offer you weekly counselling sessions, which last for around 45 minutes. The length of time depends on the complexity of your issues and your own wishes. We offer you six weekly sessions; although sometimes more sessions can be arranged, if that would be helpful for you. On some occasions, we are able to offer other longer-term support.

**Where do you go?** We hold **talk-2-us** counselling sessions at The Pagoda Centre, off St John's Road, Tunbridge Wells, Kent. TN4 9TX. The **talk-2-us** counselling room is a dedicated and safe space for confidential counselling sessions. Directions: [www.WestKentYMCA.org.uk/pagoda](http://www.WestKentYMCA.org.uk/pagoda)

**Further Details?** If you decide counselling may be helpful for you, and you would like to know more or arrange an appointment, please contact your Key Worker who can refer you and help set up an initial appointment for you to **talk-2-us** and see if counselling would be helpful.

**What is Counselling?** Counselling takes place when a Counsellor sees a client in a private and confidential setting to explore a difficulty the client is having, distress they may be experiencing or perhaps their dissatisfaction with life, or loss of a sense of direction and purpose. It is always at the request of the client as no one can be 'sent' for counselling.

[Definition from the British Association for Counselling and Psychotherapy - BACP]

Why not **talk-2-us**...

**Talk-2-us** Confidential, professional service for young people - funded by West Kent YMCA **Say Yes 2Youth**

**Counsellor** Heather Roberts, BEd (Hons), Adv Dip Humanistic Counselling (Accred), PG Dip Counselling Children and Young People, Adv Cert Couples Counselling, Training in Supervision and CBT, MBACP, CYYP

**Bookings & enquiries** phone 01892 572 311 (& voicemail) or email [talk2us@WestKentYMCA.org.uk](mailto:talk2us@WestKentYMCA.org.uk)

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