

## **Barnardo's Vale of Glamorgan School and Community Based Counselling Service**

### **Information for young people**

#### **What is counselling?**

Counselling is a type of talking therapy, where you meet with a qualified counsellor to explore your thoughts and feelings and to develop ways of coping.

#### **Who can see a counsellor?**

Anybody can meet with a counsellor. Our counsellor's work with young people aged 10 -19 in the Vale of Glamorgan and can meet with you in your school or in the community.

#### **Reasons young people might meet with a counsellor include:**

- Family issues
- Bereavement
- Depression
- Relationship difficulties
- Self-esteem
- Anxiety

#### **What support is offered?**

An initial meeting with a qualified counsellor to find out if counselling is right for you.

Up to six 1-1 sessions to talk through any worries or concerns you might have.

#### **To find out more**

Speak to the Counselling Link Person (Mrs Mawhinney) at your school

Email: [valecounselling@barnardos.org.uk](mailto:valecounselling@barnardos.org.uk)

Call us on: 02920 577074 / 07738689262