



YOUTH CONCERN

Want to find out more?

BACP - (British Association of
Counselling & Psychotherapy)
Bacp.co.uk

NCS - (National Counselling Society)
Nationalcounsellingsociety.org

NHS Mental Health
<https://www.nhs.uk/mental-health>

How to apply for counselling

You can contact us in the
following ways to apply for
counselling or have a chat with
one of our advisors.

- Email:
counselling@youthconcern.org.uk
- Phone:
01296 431183



Website
www.youthconcern.org.uk



Email
admin@youthconcern.org.uk



Call
01296 431183



@youthconcern



@youthconcern



@youthconcern.aylesbury

Drop-in Centre
Whitehill Lane, Aylesbury HP19 8FL
(next to the Whitehill Surgery)

Opening times:

Tuesday, Thursday & Saturday
12pm-5:00pm
Wednesday & Friday
12pm-7:30pm

Youth Concern Counselling

Supporting young people when they need us most

Are you supporting
a young person who is
receiving counselling?
Then this leaflet is for you!

Supporting a young person receiving counselling

As a parent, guardian or carer, it can be hard seeing your child struggle with the challenges they face growing up with a variety of pressures competing for their attention. Research has shown that school, home life, friendships and relationships can all be sources of anxiety for a young person and not one thing or situation is usually to blame.

It can also be difficult for us to see things through a young person's eyes and understand what they are thinking and feeling.

Sometimes young people feel isolated from friends and family and may seek a counselling service in order to deal with these issues without worrying their parents or carers. Some young people may not want their parents to know they're talking to us.



How can you help?

- Keeping things normal — often a young person doesn't want to be singled out for special treatment
- Listen to what they have to say without questioning its validity, accepting that they may have a different view of the world is important
- Don't interrogate them about what was said during their counselling session. Our counselling is confidential
- Be positive about the counselling, it is not an overnight process and it can take time to work through the issues a young person is dealing with
- Don't ever underestimate the positive impact you can have as a support of a young person going through counselling