

## Accessing our service

You or your parent/carer should ring Network Reception during office hours (9am-4.30pm), where a receptionist will arrange for you to be seen by a youth counsellor.

If you telephone when we are closed, you will be able to leave your number on our answer-phone. Alternatively you can email us. We will get back to you as soon as we can.

There is no fixed charge but we ask that you or your parent/carer to contribute as much as you/ they can. Every counselling session costs us £31. Those who are able to pay more will help those who can afford less. If you are unable to pay, it will not stop you from having counselling.

**Network Counselling & Training,**  
Trinity College,  
Stoke Hill,  
Stoke Bishop,  
Bristol,  
BS9 1JP

 **0117 950 7271**

 **Info@network.org.uk**

 **@networkcounsellingbristol**

 **@NetworkCSL**

 **[www.network.org.uk](http://www.network.org.uk)**

# Network Youth

**Professional Counselling  
for Young People**



**network**  
counselling and training

## What is counselling?

Youth counselling at Network is available to anyone aged 11 or above.

Growing into the adult world today can feel very tough and sometimes it all can feel just too much because of relationship difficulties, family difficulties, school pressures, peer pressures, bullying, bereavement, or just difficult thoughts and feelings.

Whatever it may be, talking things through with a professional counsellor can help. You may come with specific issues, or may simply want an opportunity to talk and learn a little more about themselves.

## Is counselling confidential?

Counselling is confidential, in that you don't have to tell anyone you are coming for counselling and what you talk about to your counsellor is confidential.

For your own protection though, we might on occasions have to tell someone, if you tell us you're being harmed in anyway. We will always aim to talk this through with you first.



## What can I talk about in counselling?

Anything that is bothering you!

Some of the issues people talk about are:

- Arguing with parents, parents separating, family quarrels.
- School pressures, exam worries, leaving school, moving school.
- Death of someone.
- Difficult things that are happening or have happened in your life.
- Making friends and breaking up, keeping friends, peer pressure, bullying.
- Feelings about yourself and within yourself that you can't make sense of or don't like.

...Your issue though, might be completely different.

REMEMBER:

*The counsellor is there for you. They will listen to what it is that concerns you, and to help you say what you want.*