

## Accessing our service

You or the child/young person may ring Network Reception during office hours (9am-4.30pm), where a receptionist will arrange for direct contact with 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 contribute as much as you 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 the child/young person from having counselling.

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



# Network Youth

## Professional Counselling for Young People

Information for Parents / Carers



**network**  
counselling and training

Registered Charity no. 292801 Company Limited by Guarantee Reg. No. 1951370

*... affordable counselling for everyone*

## 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. They may come with specific issues, or may simply want an opportunity to talk and learn a little more about themselves.

The counsellor is there specifically for the child/young person, to listen to what it is that concerns them and to help them say what they want.

*Network also provides affordable counselling for adults and couples at its premises in Bristol. Please contact us to find out more.*

## Is counselling confidential?

Counselling is confidential in that the child/young person doesn't have to tell anyone that they are coming for counselling and what they talk about is confidential. The counsellor will not discuss the content of the sessions with parents/carers, except in the rare circumstances and only with the child/young person's permission; this helps them to speak freely and talk about what they need to.

If the occasion arises that the counsellor believes the child/young person is being harmed in anyway, the counsellor may follow Network's child protection policy.

## What can I do to help?

We invite parents/carers to be present at the start of the first counselling session, when the counsellor will discuss the contract and any practicalities.

It is helpful when parents/carers are supportive and accepting of counselling. If the child/young person wishes to discuss their experiences in counselling with you, it can be helpful to offer a listening ear, without pressurising the child for more information than they wish to share.

