

Children and Young People's Counselling

Information for parents



What is counselling?

We offer a confidential space for young people to help them explore or reflect on things that feel important to them. Sometimes it can be difficult to know what to say or where to start, but our team of skilled counsellors and therapists are there to help them find a way to tell their story and explore their difficulties – whether through making art, creative activities, games or talking. Over time, counselling can help reduce worrying feelings, improve relationships, and help young people find new ways of coping.

What we offer

We want to make sure that we are the right service for you and so we offer you a 'Welcome Meeting' where you will be able to come and meet with one of the team, tell us a little more about what has brought you to counselling and hear about the service we provide. This will be a great opportunity to ask any questions you may have and get to know us. If you would like to go ahead then your child will be offered a weekly 50 minute 1:1 session with a Counsellor or Art Therapist. We usually offer sessions in 6 week blocks, with a review and chance to agree further sessions. There is no limit to the amount of sessions offered.

Our location

Sessions happen at our dedicated base in Simpson House, located at 52 Queen Street. We have young people's counselling rooms as well as art rooms that are designed to help young people feel at ease. We have some sessions available after school and others that young people can come to during the school day.





How much does it cost?

Sessions are £60 and we ask for payment in 6 week blocks (£360) at least 24 hours in advance of the first session. Invoices are emailed out to you by our business support team.

Your welcome meeting is charged at a reduced rate of £45, payable at least 24 hours in advance.

Within the six week block we allow for one session to be rearranged, if this is planned in advance. Any sessions missed or cancelled with less than 24 hours notice will still incur a cost.

If paying for a 6 week block is a barrier to accessing support then please speak to us about this at your welcome meeting.

How much will you tell me?

In order for counselling to be effective it needs to be confidential. We will need to build trust with your child and for them to know they can share anything they wish to. We understand this can feel hard for a parent and so there will be a chance for a review meeting every 6 weeks to check in and share general feedback or anything that your child has given us permission to speak to you about.

The only time we would not keep information confidential is if we were worried about your child's safety or had significant concerns about their wellbeing.

Appointment availability

Appointments are available Tuesday to Friday, including during school holidays, with daytime and after-school sessions on offer. We have found that where a child needs to miss lesson time to attend sessions, schools are supportive of the child's mental wellbeing being prioritised.

Ensuring a quality service

We make sure that our counsellors have the right qualifications and registrations so that you get the best possible service. The counselling sessions follow guidelines set out in the COSCA Statement of Ethics and Code of Practice and the BACP Ethical Framework for Good Practice in Counselling and Psychotherapy, as well as our own Operational Policies and Complaints Procedure.

