

How do I get counselling?

We offer free, confidential counselling to people aged 11-25. It's easy to get support.

If you're aged 11-17, you can:

Refer yourself through the Newcastle and Gateshead 'single point of access' by emailing NGSPAadmin@cntw.nhs.uk or calling 0303 123 1147.

If you're aged 18-25, you can:

Refer yourself to us on our website: www.everyturn.org.

If you don't feel able to ask for support yourself, you can ask someone you trust (like a parent, carer, friend, teacher, mentor) to reach out for you.

I'm more open in my feelings and feel more confident.

I don't get as angry as I did before and I don't have panic attacks any more.

Get more information

If you'd like more information about our services (including drop-in mental health support at Nook Newcastle and Gateshead) visit our website:

www.everyturn.org/cyp

Get in touch with us if you'd like to speak to someone about which support might be right for you:

Tel: 0191 217 3222

Email: CYPadmin@everyturn.org

Everyturn Children & Young People's Services
The Beacon
Westgate Road
Newcastle upon Tyne
NE4 9PQ



Scan me



Children & Young People's Services

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Children & Young People's Services

Free, confidential counselling

For people aged 11-25



What is counselling?

Sometimes life can be stressful or feel hard to cope with. Counselling is one way to help you to work through your worries, problems, thoughts, and feelings.

During counselling sessions, you can talk about what's been on your mind in a safe and confidential space. A trained counsellor will help you understand how you've been feeling and thinking, and help you to find ways to feel better.

Your counsellor will listen and respect what you share. They won't judge, patronise, or tell you what they think you should do.

They'll support you through your counselling journey, so that you feel able to make the decisions and choices that feel right for you.



What types of things can counselling help with?

- ✓ Anxiety
- ✓ Depression
- ✓ Bullying
- ✓ Low mood
- ✓ Low self-esteem
- ✓ Stress
- ✓ Relationship issues
- ✓ Loss and grief
- ✓ Sexuality issues
- ✓ Parents' divorce or separation
- ✓ Trauma/distress

And anything else worrying you!

How often will I see my counsellor?

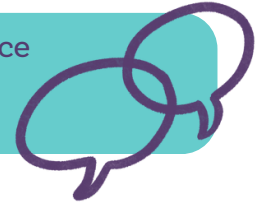
Counselling sessions last 50 minutes and are usually on the same day and at the same time each week.

You'll see the same counsellor for six weeks, but they might suggest a few more sessions if you need them.



What kind of counselling could I have?

- Face to face
- Telephone
- Online



Will anyone else know about my counselling?

No, not if you don't want them to know. Your sessions with your counsellor are confidential, which means your counsellor won't tell anyone what you talk about.

The only time this would change is if your counsellor was seriously concerned for your safety (or someone else's). If this was the case, your counsellor would always aim to talk to you about it first. You'll discuss confidentiality in your first session.

If you're under 13, you'll need your parent or carer's consent to have counselling.

