

Counselling service for young people aged 12 to 21 years

Unsure whether we can help?
All you have to do is call **07825 098 200**
and have an initial chat in confidence with
our youth counsellor

Pulse
164 Holloway Road
London N7 8DD
Tel: **020 7527 1300/1310**
Tube: **Holloway Road**
(Piccadilly Line)
Bus: **43, 271, 153, 393**

The Canonbury Youth Hub
Unit 3, New River green
St Paul's Road
London N1 2SY
Tel: **020 7527 5695**
Tube: **10 mins walk from**
Highbury & Islington Tube
Station
Bus: **30, 393**

TYS Youth Counselling Service

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Are you or someone you
know, having difficulties
dealing with personal
problems?

Do you think you could
do with some help?

About the counselling service

The TYS Youth Counselling Service is part of Islington Council's Targeted & Specialist Children & Families Service and has been set up to provide a place for young people who live, study or work in Islington, to get help and support with any personal problems they may have.

How can counselling help?

Everyone has times in their life when they could do with a bit of extra help and support. Seeing a counsellor can be helpful if there is some personal or emotional issue in your life that you are having difficulties dealing with. You might, for example, have difficult decisions to make or feel confused about a relationship, or about any other aspect of your life. Or you may have painful emotions or experiences that you want to sort out.

Counselling will give you the chance to talk to a trained person in private who will listen to how you feel and try to help you to see if there are any changes you may want to make in your life. Counselling is not about being judged or being told what you should do.

How do I make an appointment?

To make an initial appointment, contact our counsellor **Afra Bell**
Tel: **0207 527 5013 / 07825 098 200**
Email: **afra.bell@islington.gov.uk**

Alternatively someone else can contact us on your behalf e.g. Doctor, teacher, friends etc.

What happens next?

We will make an appointment for an initial session with you. You can meet the counsellor who will explain how the service works. You can ask any questions you might have and decide for yourself if counselling feels right for you. This session also gives the counsellor an opportunity to find out if there is any other form of support you may need.

If you decide to continue after the initial session we can offer a further twelve 50 minute sessions. After this we will then evaluate and agree whether any further support is needed. This service is free and confidential.

We will always try to see you as soon as possible, but when the service is really busy we will put you on our waiting list and contact you as soon as a place comes up or suggest other places that might be able to help.

The TYS Youth Counselling Service

These are just some of the issues we can offer support with:

- Bereavement
- Drugs/alcohol problems
- Anxiety/panic attacks
- Self-esteem
- Pregnancy
- Bullying
- Cultural/religious identity
- Pressure from friends
- Feeling isolated
- Sexual identity
- Eating problems
- Family problems
- Feeling angry or violent
- Sexual & emotional abuse
- Feeling unhappy & depressed
- Sexual & relationship difficulties
- Difficulties at school, college
- Or work ...