

Youthline

COUNSELLING SERVICE

A SERVICE FOR YOUNG PEOPLE AND THOSE
WHO CARE FOR AND SUPPORT THEM

FREE FACE TO FACE

**COUNSELLING FOR
YOUNG PEOPLE**

**FROM
AGE 12**

AND ADULTS

**IN AND AROUND
BRACKNELL FOREST**

I FEEL SO ANGRY

EXAM STRESS

WORK RELATED ISSUES

FEELING LOW

**FAMILY/
RELATIONSHIP
PROBLEMS**



Youthline is a free confidential counselling service for young people from age 12 to adults.

We recognise that adults supporting young people may also need support through tough times.

We give you a safe and confidential space to work through any issues you may have.

- A SAFE AND CONFIDENTIAL SPACE JUST FOR YOU.
- A PLACE WHERE YOU CAN EXPRESS YOURSELF IN YOUR OWN WAY.
- A PLACE WHERE YOU ARE LISTENED TO WITH RESPECT.

Sometimes it may feel like you just can't go on anymore or you cope by harming yourself.

WE WON'T JUDGE YOU, WHATEVER YOU'RE GOING THROUGH WE ARE HERE TO SUPPORT YOU.

We are a team who are fully trained in safeguarding and trained to support you in accordance with the BACP professional guidelines.

"YOUTHLINE HAS MADE A TREMENDOUS DIFFERENCE TO MY FAMILY'S LIFE. THE SUPPORT I RECEIVED FROM MY YOUTHLINE COUNSELLOR HELPED ME TO UNDERSTAND MY TEENAGER MORE AND HELPED MANAGE MY INTERNAL CONFLICT."

(RS parent)

"I FEEL SELF CONFIDENT AND SECURE SINCE SEEING MY COUNSELLOR AT YOUTHLINE"

SJ, Young client of Youthline, Age 14

"COMING TO YOUTHLINE HAS BEEN GENUINELY LIFE CHANGING. IT HAS HELPED ME SORT THROUGH A LOT OF DEEP ISSUES. I FEEL LIKE A COMPLETELY DIFFERENT PERSON"

PS, Age 20



FOR AN APPOINTMENT OR MORE INFORMATION

☎ 01344 311200

✉ ASK@YOUTHLINEUK.COM

🌐 WWW.YOUTHLINEUK.COM

🏠 VISIT US AT 7 PORTMAN CLOSE, BRACKNELL,
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We are a BACP accredited registered charity (1096248) - it's your kind donations that keep our service running.



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www.bacp.co.uk/services