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.

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

SJ, Young client of Youthline, Age 14

"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)

"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, BERKSHIRE, RG42 1NE

We are a BACP accredited registered charity (1096248) - it's your kind donations that keep our service running.

Support Youthline now at www.localgiving.com/youthline

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Localgiving

service accredited by bacp

www.bacp.co.uk/services

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