

When is counselling not appropriate?

In some circumstances, counselling may not be an appropriate option. This may include when there is an ongoing dispute over parental contact, or when support is already being received from another agency.

Other Relate services

- Flourish group work programme (8-18 year olds)
- Prosper parent programme
- Family counselling
- Family mediation
- Relationship counselling
- Individual counselling
- Psychosexual therapy

CONTACT US:

01162543011
reception@rllr.org.uk

Other support services

Central Access Point (CAP) 📞 **0808 800 3302**

Call For urgent mental health needs.

Samaritans 📞 **116 123** ✉️ **jo@samaritans.org**

A free, confidential number to call when you need to talk as well as an email service.

SHOUT 📱 **Text 85258**

A free and confidential text messaging support service.

Tellmi **www.tellmi.help**

Tellmi is a safe, anonymous app where you can talk about absolutely anything.

Harmless **www.harmless.org.uk**

Centre for self-harm and suicide prevention offering support online and in centres in Leicester and Nottingham (self-referral forms online).

Relate

Leicester, Leicestershire & Rutland

Children & Young People's Counselling



Information for Parents/Carers

What is counselling?

Our Children and Young People's Service works with children aged 8 years and over.

Counselling gives children and young people an opportunity to talk about any concerns they have. We can all find it difficult to speak to those closest to us, maybe because we don't want to worry the people we love, or we want help from outside of the family to talk through a particular problem. Our counsellors offer a non-judgemental space where they will listen and try to help your child express, understand and work through difficult feelings. This can include using creative methods such as drawing, art and play where appropriate.

Each counselling session lasts 45-50 minutes. Counselling is entirely voluntary and a child/young person is free to decide whether they want counselling or not. We understand that when a child comes for counselling, this can often be a difficult time for the whole family. At Relate, we also offer family counselling. Please contact us if you think this might be helpful.

Our counsellors

All of our counsellors hold a counselling qualification and have had additional specific training in working with children and/or young people. They have all been DBS-checked and work to Relate's Child Protection Policy, local Safeguarding procedures and the Ethical Guidelines of the British Association for Counselling and Psychotherapy (www.bacp.co.uk)

All of our counsellors receive regular clinical supervision and line management within Relate.

Confidentiality

Our counselling service is confidential. We will not share with anyone else what a child/ young person tell us, unless they request this or we believe that they or someone else is at risk of serious harm. The counselling notes are also confidential and kept in line with Data Protection legislation.

When counselling has started, the counsellor will not normally speak with you about the work. We understand that this may feel difficult, but it can help children and young people to trust that they can speak freely about their concerns.

If any concerns about a young person's safety arise, these will normally be shared with parents/carers, or if in a school setting, with the relevant staff in the school/college. In some circumstances, we may need to seek help from other agencies in order to keep a child/ young person safe. In most cases, we would aim to discuss this with the child/young person and you as their parent/carer first.

Counselling can support children and young people to feel more comfortable with talking to people about their feelings. Being positive, accepting and open to talking about it if your child wants to; but not pressing them if they don't, can help your child to gain the most from the work.

Consent

If a child or young person wants counselling and is able to understand what it involves, they have the right to access it.

However, when working with children of primary school age, we aim to obtain consent from someone with parental responsibility before beginning the work, and invite parents/carers to join their child for the first 10 minutes of the initial appointment.