



Teen Talk counselling Frequently Asked Questions – telephone sessions

Teen Talk Young Carers Counselling Service

Sometimes it can be hard looking after someone who couldn't manage without your help. We offer a free counselling service for you to talk about your thoughts and feelings in a confidential space.

Is Counselling for me?

Counselling offers a space for you to talk about anything! Counsellors will not tell you what to do, but they will listen to you and respect what you want to say. They won't tell anyone what you talk about, unless they are worried about you or someone you care for - if this happens they will always try to tell you first.

Who are the Counsellors?

Our Teen Talk Counsellors have experience working with children and young people, are fully qualified, and are members of a professional body. All of the counsellors work within the British Association for Counselling and Psychotherapy (BACP) framework and all have current Disclosure and Barring checks (DBS) carried out by Care for the Carers.

Do I pay for counselling?

No, all our sessions are FREE of charge.

How many sessions do I have?

You will be offered 12 sessions of counselling. Some young people want to attend all their sessions, but some only need a few. You can review your sessions at any time with your counsellor.

How long is a counselling session?

Each session lasts up to 50 minutes, you can discuss this with your counsellor if you would like sessions to be shorter.

Where will the sessions take place?

Your counselling sessions will be by phone and will take place at the same time each week during term time only. This will be after school, so either at 4pm or 5pm on Tuesdays, Wednesdays or Thursdays. The counsellor will call you, and it's best if you can find a private space such as your bedroom to talk.

Is there a waiting list for Counselling?

Yes, we do hold a waiting list for counselling. We will try to get a counsellor for you as soon as possible, but sometimes you may have to wait up to 3 months while other young carers finish their sessions.

What if I need to cancel a session?

If you can't have your session we ask you to please contact the Care for the Carers office on **01323 738390**. It would really help if you can give as much notice as possible, preferably the day before or earlier.

I'm interested in the Counselling Service, what happens now?

If you would like to have counselling, or you are not sure, you can call the counselling team at Care for the Carers on 01323 738390 for a chat. If the Counselling Coordinator isn't available, she will call you back as soon as she can.

Other useful organisations:

GP – you can speak to your GP to be referred to other services

Child Line – 0800 1111 www.childline.org.uk

NPSCC - 0808 800 5000 www.nspcc.org.uk

The Samaritans – 116 123 www.samaritans.org

No one left to care alone

Phone: 01323 738390 Email: info@cftc.org.uk Text: 07860 077300 Visit: www.cftc.org.uk



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