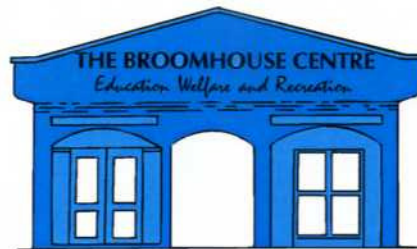




Bus Routes from Princes Street
LRT: 2, 3 22, 25, 33, 35,
First: 27, 28

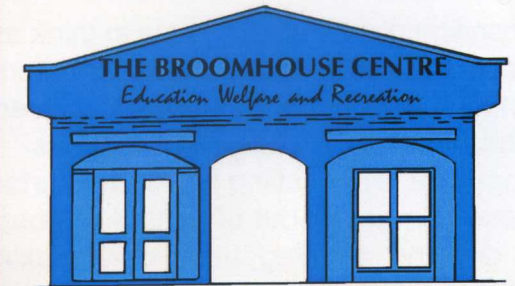
Free parking nearby



The Broomhouse Centre
79/89 Broomhouse Crescent
Edinburgh EH11 3RH

Tel/Fax: 0131455 7731
Email: counselling@broomhousecentre.org.uk

The Broomhouse Centre is a Scottish Charity No:
SC 00 3706 and a Company limited by guarantee No. 320027



Broomhouse Young People's Counselling Service



**A guide for those
who want to know more
about the service**

The Broomhouse Centre
Tel. 0131 455 7731

What is counselling?

Counselling gives you a chance to think and talk about difficulties you are experiencing. It can help you to make sense of an event that has been troubling you or express feelings that are bubbling just under surface that sometimes get out of control. Through play, drawing, painting, using clay, making up stories and talking about real situations, thoughts and feelings, you can begin to work through the difficulty you bring to counselling.

Some young people prefer to just talk while others find that playing or working with art materials can help express things that are hard to speak about.



What we do

We work with young people between the ages of 7yrs and 16yrs old.

We offer 8 x 45minute sessions. At the moment the session are always on a Thursday between 3.30 and 7.30.

Parents or professionals working with young people like teachers, doctors or family support workers can ask us to see a young person. This is called making a referral and the person who does this is called the referrer.

You can ask for counselling yourself but we need your parent or guardian's permission before we see you. The things that you say in counselling are confidential - that means that they are private between you and the counsellor **unless** someone is being harmed or hurt or is in danger of harm.

The counsellor will first of all meet with your parent or guardian to find out what they think is troubling you and to see if counselling is right for you. It also gives parents a chance to understand what counselling is.

The counsellor will then arrange to see you and if you feel happy to go ahead, you can start your 8 sessions.

The counsellor will let your parents and the referrer know how things are going, without telling them exactly what you talk about, unless you or another person is in danger of harm.

Evaluation

At the end of the 8 sessions we will ask you, your parent and the referrer to fill in a form in which you can tell us what you think about the counselling service. We would really appreciate you filling this in as it helps us to offer a good service and gives us valuable information to use when trying to get money for the project to continue.

