

A space and
time for you



● Length of Sessions

Each sessions lasts up to 50 minutes

Usually weekly

● Venue

In a private room at a venue that is suitable

You can discuss the options with your counsellor

You can make an appointment by
phoning or texting
07956 536 493
or
email
SheilaS@aberdeenfoyer.com

Young Person's
Counselling
Service
for
12-18 year olds

Thank you to the young people from Aberdeen Foyer for taking the
photographs.
Their ideas and comments are included in the design.

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Marywell Street
Aberdeen
AB11 6AF

Counselling is a safe place for you to look at the things that are upsetting you or stressing you out.

You can expect your counsellor to ...

Listen carefully

Respect you

Keep your privacy

Believe what you say

Not judge you

Be honest

Be reliable

Be supportive

Confidentiality

The counsellor cannot tell anyone about what has been talked about.

If you or another person is at risk, we might need to talk about who can help us keep everyone safe.

Why would I consider Counselling?

If you are thinking about whether or not counselling could be for you, perhaps the following suggestions might help.

Is alcohol/drug use/misuse having a negative affect on your life?

Are you finding it hard adjusting to the move from primary school to the Academy?

Are you experiencing problems at home, in the Academy or in the neighbourhood?

You can talk to your counsellor about anything that matters to you

