

Young People's Counselling



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In today's society young people are faced with many difficult situations. Family separation, peer pressure and lifestyle issues are common and can lead to social, emotional and behavioural difficulties.

If you're a parent, Counselling can offer your children the opportunity to share their problems and be heard compassionately. Talking can help them to release their feelings, manage anxieties and live a happier life.

talking about your problems can make things easier

If you're a child or young person, you might feel nervous about talking to someone you don't know. This is perfectly normal and we understand how hard it can be.

But when things are bothering you, it's often easier to talk with someone outside your family. No-one will know what you've discussed unless you decide to tell them.

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