

Is it confidential?

Yes – unless any young person is at risk of harm or is being harmed. In this case, the counsellor has a duty to tell someone. Also, by law, information about terrorism must be reported to the police.

Further information

Making the first move can be difficult, but if you feel we might be able to help, please ring or write for more details or an appointment. Appointments can be arranged at a time and place that is best for you.

Where are we?

Family Support Team Counselling Service,
Hyndelle Lodge,
King Street,
Hindley,
Wigan, WN2 3AW.

Phone: 01942 828773 or 01942 828768

E-mail: ssdfst@wigan.gov.uk



Family Support Team Counselling Service



This leaflet is also available in other languages, on audio tape or CD and in large print. Contact us at Department of Adult Services, Customer Relations Unit, Civic Centre, Millgate, Wigan, WN1 1AZ.

Phone: 01942 827173 • E-mail: ssdcru@wigan.gov.uk

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Children and Young People's Services

Family Support Team Counselling Service

The Family Support Team's Counselling Service is free and confidential. All counsellors work within the British Association for Counselling and Psychotherapy Ethical Framework.

What is counselling?

There may be times in your life when you need help to sort out a problem or difficulty, or just someone to talk to about feelings which are bothering you. Counselling offers you the chance to talk about things happening in your life that you may be struggling to cope with, for example:

- stress and anger
- losing someone you love
- low self-esteem
- family or school problems
- bullying and abuse
- people not listening to you
- general unhappiness
- being pressured into doing something you don't want to do.

How can counselling help you?

The type of counselling we offer is 'person-centred'. This means that the counsellor will listen to you, try to help you to understand your feelings, make sense of what is happening, and try to find ways of making changes.

Counsellors don't normally give advice or tell you what to do. The aim is to help you sort things out for yourself, because **you** are the person who knows the most about yourself and your own needs, and so will know more about what will and will not work.

Who can get the service?

Anyone over the age of 11 who receives support from Children and Young People's Services social care, or whose family receives support. If you think counselling may help, you can either request the service yourself (*the address and phone number are on the back page*), ask your social worker to do this on your behalf, or ask a member of staff from either:

- the Family Support Team,
- a residential children's home
- the Youth Offending Team, or
- a 0-11's Children and Families Centre.

