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Counselling information
for Children and Young People
at Wellspring



How Can Counselling Help?

Counselling can help you understand and cope with feelings that are worrying and confusing. It can help you deal with things in your life which are difficult and help if you want to make changes.



What Happens in Counselling?

You can talk to your counsellor about anything that is bothering you. Your counsellor will not make judgements or tell you what to do. They will listen carefully and help you find the best way for you.



Is Counselling Confidential?

Yes. This means your counsellor will not tell other people what you have talked about, unless you ask them to. The only time they would break this strict rule is if your counsellor thought that you or someone else's personal safety was at risk. In this case, your counsellor would always try to talk to you about this first.



Art Therapy

We also have art therapists at Wellspring. Art therapy is like counselling, but using art materials as well as talking. Sometimes it's easier to put how you feel or what you think into an image, rather than just using words. You do not have to be 'good at art' to do art therapy and the therapist will not make judgements about your image.



The Counselling Sessions

Counselling sessions are usually arranged at the same time and day each week and are at Wellspring. Each session lasts for about an hour and is in a private room without interruptions.

