

Where else can you go for help & advice...

FindItOut Centres in Bognor Regis, Burgess Hill, Chichester, Crawley, Horsham, Lancing, Littlehampton and Worthing
www.yourspacewestsussex.co.uk

YMCA Supported Accommodation 01403 213403
www.ymcadlg.org

West Sussex Young Persons Advocacy Service
01903 233145/01273 666950 or info@mindcharity.co.uk

Young Minds 0207 0895050
www.youngminds.org.uk

Childline 0800 1111
www.childline.org.uk

Samaritans 08457 909090
www.samaritans.org

West Sussex Young People's Drug & Alcohol Service
07779 339954

National Self-Harm Network
www.nshn.co.uk

Cruse Bereavement 08444 779400
www.crusebereavementcare.org.uk

Winstons Wish (Bereavement) 08452 030405
www.winstonswish.org.uk

Papyrus 0800 0684141
(Prevention of young suicide)
www.papyrus-uk.org

Beating Eating Disorders 08456 341414
www.b-eat.co.uk

Allsorts LGBTU Project 01273 721211
www.allsortsyouth.org.uk

"It helped me to develop my thoughts and it's really good when you know that there is someone who actively listens and cares."

"I liked being able to talk to someone and getting help and support."

"I feel more positive and less stressed."

YMCA

YMCA DOWNSLINK GROUP proud to work in partnership with Xenzone

XENZONE
BETTER MENTAL HEALTH

NHS

west sussex county council



DIALOGUE

Counselling and therapeutic support for children, young people and families



YES
Youth Emotional Support
Positive emotional health. Positive futures.

YMCA DownsLink Group
Registered Charity number: 1079570



YMCA DOWNSLINK GROUP

KOOTH.com
FREE ONLINE SUPPORT FOR YOUNG PEOPLE

FREE face-to-face & online **counselling**, support and advice for young people aged 11-18 in **West Sussex**



How to get in touch...

If you are aged between 11 and up to your 18th birthday and would like to talk to someone then you, your family members, carers or friends can get in touch.

Face-to-face counselling:

Phone/Text **07739893707**

Email

community.counselling@ymcadlg.org

For online support go to:

www.kooth.com

What's on offer...

Counselling can offer you a supportive and private space to talk about whatever is on your mind. This might be about your relationships with family and friends, your self-confidence, the illness or death of someone close to you, bullying, harming yourself, school or college work or you might be feeling unhappy and worried about the future.

We offer **face-to-face** counselling in FindItOut Centres, Leisure Centres, Libraries and Children & Family Centres across West Sussex.

You can also find support **online** at **Kooth.com**.

Online counsellors are available to talk 365 days a year, weekdays from 12 noon till 10pm and on weekends from 6pm till 10pm.

As well as online counsellors to talk to, Kooth.com has 24 hour messaging, blogs, a magazine and message board forums.

Is it confidential?

What you share with us is private. Nothing you tell your counsellor will be passed on to anyone else unless we think you or another person is at risk of coming to serious harm. Even then we would always aim to talk to you first. Online you can make up a username when you sign up.

Our staff are experienced, qualified and qualifying counsellors who are committed to supporting young people. They all have an Enhanced DBS (Police) check and we have accreditations, insurances and policies, including a Complaints Policy, in place.

