



**CASTLE
& COAST**
Therapies



Free Counselling Service for Young People, Aged 16-18, Face to Face (Launceston) & Remote



TO ENQUIRE OR BOOK - CALL OR EMAIL:

📞 01566 770729 📩 enquiries@castleandcoasttherapies.org.uk
🌐 www.stepintolearning.org.uk/castle-and-coast-therapies

What is Counselling and what can I expect?

- Counselling provides a safe and confidential space for you to talk about your issues and concerns
- Your counsellor will help you explore your thoughts, feelings and behaviours so you can develop a better understanding of yourself, and of others
- Your counsellor will not give you their opinions or advice - they will help you find your own solutions, whether that's making effective changes in your life or finding ways of coping with any problems

Who will my Counsellor be?

- A qualified counsellor or a trainee counsellor in the final year of their diploma qualification and have been assessed as "fit to practice"
- Experienced in supporting young people
- Fully insured
- Receive regular professional supervision
- Member of a governing body such as BACP or NCS

Our Vision:

"To create a community where everyone has equal access to essential mental health support, regardless of their financial situation. We aspire to reduce the burden on NHS counselling services by providing accessible, low-cost counselling, fostering emotional well-being, and ensuring that no individual in Launceston and the surrounding areas is denied the help they need due to financial constraints"



scan QR code to
make an enquiry
or to request
counselling