



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"



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make an enquiry
or to request
counselling