

ONE-TO-ONE COUNSELLING SUPPORT



WHAT IS ONE-TO-ONE COUNSELLING?

One-to-one counselling sessions can be helpful with supporting young people in exploring their thoughts and feelings in a safe & confidential space. That might be through talking, creative activities, or even playing games together – whatever works best for the young person. We aim to empower young people and help them to develop helpful coping mechanisms so that they are better equipped to navigate life's ups and downs and become autonomous.

WHAT DOES CONFIDENTIALITY MEAN?

Confidentiality means that everything that a young person speaks about to their counsellor will stay within our team and will not be shared with anyone including parents and teachers, unless we are concerned for their safety, or are ordered by the court of law.

TALK TO US



Are you **OK**
Croydon?



You Talk,
We Listen
Croydon Drop In