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**Information for Parents**

**What do 121 Youth Counselling Offer?**

121 Youth Counselling offers up to 20 sessions of face-to-face Counselling for young people aged 11 – 25. This is provided free of charge.

Sessions are available on a weekly basis for 50 weeks of the year. Your sessions will be at the same time and place each week and always with the same Counsellor. Although this is a free service it does cost 121 Youth Counselling up to £40.00 to provide each session. If a young person is unable to attend a Counselling session please provide us with as much notice as possible and, ideally, contact us no later than 24 hours before the start of the session.

**What do I do if my child is unable to attend?**

To notify us of a cancellation please call 01252 815652 or email 121@hartvolaction.org.uk. If 3 sessions are missed without any notification then the appointment space will be given to another young person.

**Will you tell me what my child says?**

Counselling is a confidential service which provides a space for a young person to talk without fear of judgement. To allow this to happen it means that we will not give you any information or feedback regarding the content of the sessions. A young person can choose to discuss the sessions with you if they wish but it is important that as a parent/guardian you don’t put pressure on them to share details unless they want to. Understandably this can be frustrating for a parent. You are also asked to leave the premises and not to wait in reception for your child so that they feel able to freely talk.

**But what about the safety of my child?**

If a Counsellor is concerned about the safety of a client they will take the necessary steps to ensure that the client is kept safe and, in some circumstances, this may mean breaking the confidentiality agreement.

**What Support is Available for me as a parent?**

We do not provide support for parents but below is a list of websites that have information that you might find helpful. Some provide advice, some are courses and some are places to access help as a parent.

<https://youngminds.org.uk/resources/> (Help and advice)

<https://mindedforfamilies.org.uk/young-people> (Help and advice)

<https://www.careforthefamily.org.uk/courses/parenting-courses-time-out> (Offer parenting courses)

<https://parentinfo.org/articles/health-and-wellbeing/all> (Advice)

<https://www.parentsupportlink.org.uk/> (Drugs and alcohol support)

<https://b.barnardos.org.uk/hspss.htm> (Parent support service for Parents of children with a diagnosis of ASC or ADHD or with children who are displaying challenging behaviour)

<https://www.relate.org.uk/relationship-help/help-family-life-and-parenting/parenting-teenagers> (Lots of help and advice about parenting teenagers. They also offer counselling online, face to face or over the phone (for a fee)).

<https://www.nhs.uk/conditions/stress-anxiety-depression/worried-about-your-teenager/> (NHS help and advice)

**Any questions?**

If you have any questions regarding 121 Youth Counselling then please contact us by phone on 01252 815652 or email 121@hartvolaction.org.uk.