

Some of the issues young people come to us about include...

- family problems
 - bereavement & loss
 - worry or stress
 - bullying
 - relationship problems
 - self harm
 - issues around anger
 - depression
 - self-esteem and confidence
 - abuse
 - drug or alcohol problems
 - suicidal thoughts and feeling
 - pregnancy & termination
- ... and much more.

About Off Centre

Off Centre is a charity that has been working in Hackney for almost 40 years, supporting children and young people with wide-ranging and often complex mental health needs. As well as one-to-one counselling we provide group counselling, Art Therapy and Dramatherapy. There are brochures available to tell you more about these if you'd like.

We know that sometimes counselling by itself is not enough. You might have other needs eg housing that make you feel stressed. Our advocacy, advice and information services can help, and we are linked in with lots of other organisations and agencies that can help if we can't.

If you just want something to do, want to try out a new activity or learn a new skill, The Right Track, designed and run by young people for young people can help.

To find out more visit us at www.offcentre.org.uk, or look for us on Facebook and Twitter @OffCentreUK.

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COUNSELLING



**OFF
CENTRE**



What is counselling?

Counselling can help you come to terms with difficult and challenging times in your life. It provides time and space for you to explore, in a non-judgemental way, the issues that worry you.

How can it help me?

Maybe a relationship has broken down or someone close to you has died. You might be feeling angry or out of control, maybe you just feel stuck in your life and don't know which way to turn. It can help to talk to someone who is not in your circle of family and friends.

Who is it for?

This is a free confidential service for young people (11-25yrs) living, working or studying in Hackney. To make an appointment give us a call, drop in and see us or send us an email. We always prefer it if you make contact yourself but it's ok if you want your GP or other professional in your life

to contact us on your behalf and have given them permission to do so.

Once contacted we will arrange an assessment appointment with you. It's your opportunity to find out a bit more about Off Centre and to talk about what's going on for you.

How does it work?

After assessment you'll be placed on our waiting list. Waiting times vary depending on your availability and other factors. Once a regular space becomes available you'll see the same counsellor once a week at a regular time. Depending on your needs we'll then see you initially for 6 – 12 sessions, but this can be extended to as many as 24 sessions if needed.

Sessions last for 50 minutes to 1 hour. Our counsellors are not there to tell you what to do but to support you to find your own answers. All our therapists are registered with their relevant professional bodies and abide by the code of ethics they set out. Off Centre is an organisational member of the BACP and we adhere to the BACP Ethical Framework for Good Practice in Counselling and Psychotherapy.

Can I bring someone with me?

Most young people come to appointments on their own, but it's up to you. If you find it easier to come with the help of an adult that's fine too.

