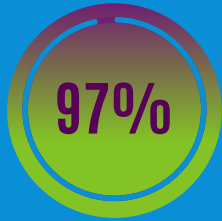


Last year we helped 700 young people in over 7000 sessions

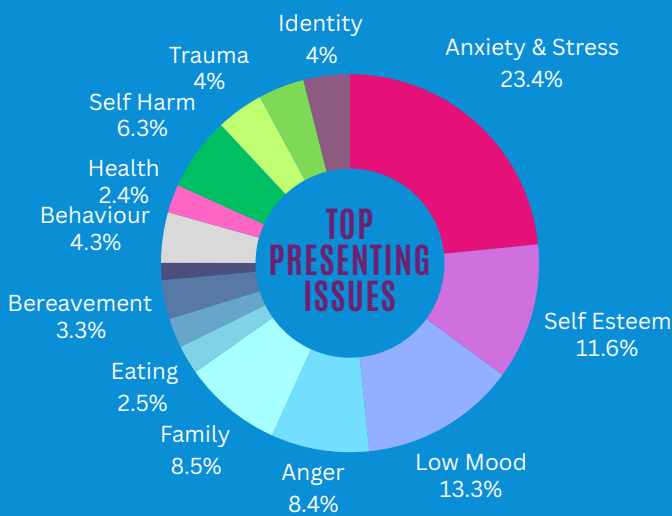


On average, young people receive a telephone assessment within 2.5 weeks of referral.

Young people started counselling with us within 10.4 weeks of being referred.



Ninety seven percent (97%) of young people we see would recommend counselling to friends and family.



The CORE outcome measure is a monitoring tool covering anxiety, low mood, trauma and risk to self.

On average young people experience a 37.4% reduction in their CORE score after counselling with us.

“ I HAVE A BETTER UNDERSTANDING OF HOW TO COPE WITH THINGS ”

YP AGED 13

POSITIVE

Felt more positive after counselling



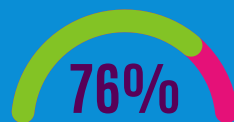
HEARD & UNDERSTOOD

Feel they have been heard and understood



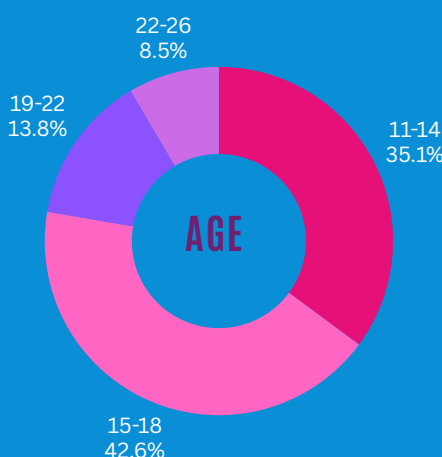
SELF ESTEEM

Reported an overall increase in their self esteem



DECISION MAKING

Find it easier to make good decisions after counselling



To maximise accessibility, we offer counselling in 10 Locations including local schools and GP surgeries

