

Last year we helped 742 young people & parents in over 8000 sessions

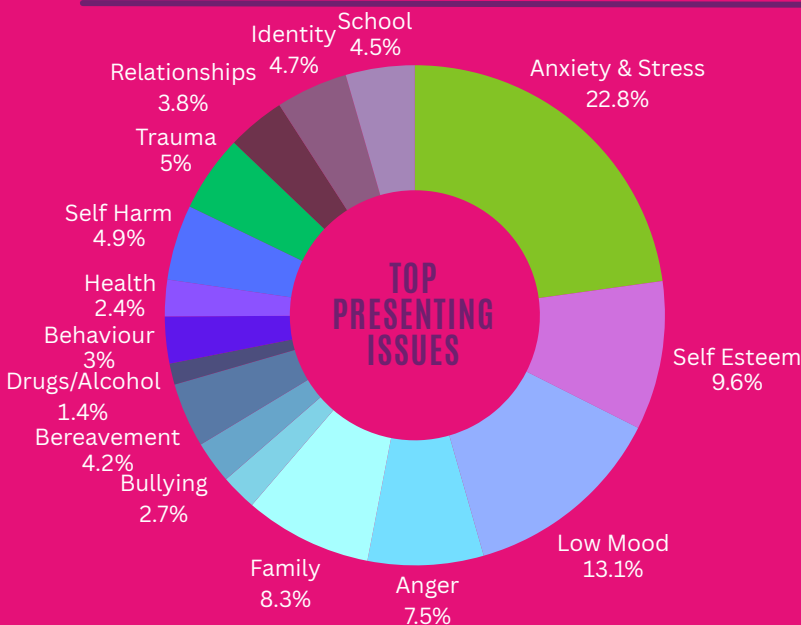


On average, young people receive a telephone assessment within 2 weeks of being referred

Young people started counselling with us within 12 weeks after assessment



Ninety percent (90%) 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 47% reduction in their CORE score after counselling with us

“ I AM NOW ABLE TO PROCESS TRAUMATIC EVENTS AND COMMUNICATE MORE EFFECTIVELY ”  
 YP AGED 16

### POSITIVE

Felt more positive after counselling



### HEARD & UNDERSTOOD

Feel they have been heard and understood



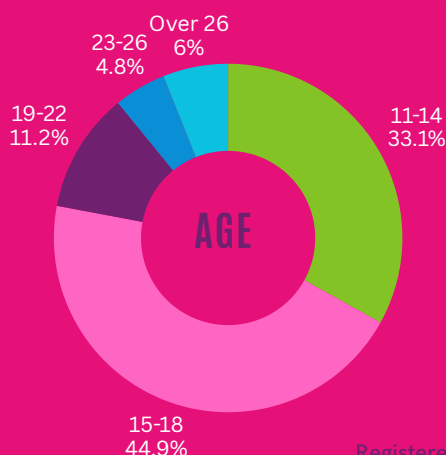
### SELF ESTEEM

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 16 locations including local schools and GP surgeries

