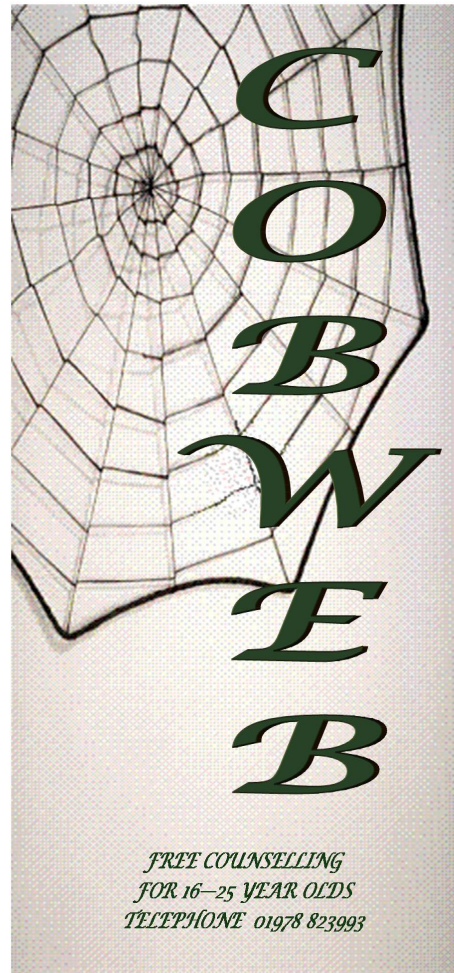


- It's free
- It's local
- It's friendly
- It's confidential
- It's available
- It can help you
- Appointments
Day/Evening
- Confidential 24hrs.
- Answerphone service



www.cobwebcounselling.co.uk

TELEPHONE
01978 823993



www.cobwebcounselling.co.uk

What is Cobweb?

Cobweb is a service which offers counselling to young people between the ages of 16 and 25.

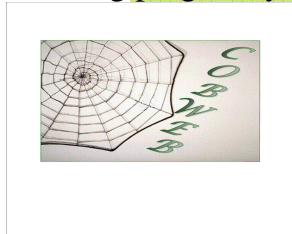
The service is free and confidential. All our counsellors are fully qualified or in their final year of training; are members of, or are bound by the British Association of Counsellors and Psychotherapists (BACP). This is a professional body with a formal code of practice that ensures high standards are met, as well as offering support for both counsellors and clients.

Cobweb is different in that it is based in the community in locations such as schools, leisure centres and other places which are multi-purpose and so no-one need know why you are there.

Any young person can refer themselves to the service, as can any other person or organisation as long as

they have the young person's permission in writing to do so.

Our aim is to promote the health and well-being of young people whether they be mental health difficulties, work-place stress, depression, eating disorders, self-harm, abuse, in fact any issues that affect young people today (including pregnancy).



What is Counselling?

Counselling is talking with someone who is trained to listen, without judgement, who will not tell you what to do.

Your counsellor can help you explore how you feel, help you recognise and understand what is happening for you. Also, how it could be affecting you and preventing you from taking control of your life.

Counselling takes place in an environment of safety, mutual respect and confidentiality.

The only exceptions to this confidentiality are the Prevention of Terrorism Act and the Children Act, where the counsellor is legally bound to report suspicion or evidence of terror activity, and or incidents of emotional, physical or sexual abuse in children under 16.

The counsellor will not contact any other person if you are at risk of self-harm unless you give permission.

Each counsellor is supervised to monitor the safety of their counselling practice. Your identity is not revealed in any way.

***Telephone 01978 823993
or visit***

www.cobwebcounselling.co.uk

