

Young Persons Counselling Agreement

This agreement confirms the details of your counselling sessions, if you are unsure or have any questions, please speak to your Counsellor in person, text or you can ring them on their or ring the office number below:

Office number: 01702667590

You have been offered **weekly counselling sessions**; these will be 50 minutes long.

- **If you are having your sessions in person**, please do not arrive early because we do not have a waiting room for you to sit in until your session start time.
- **If you are having your sessions on the telephone or online** it is important that you can find a private space to sit, where you will not be overheard or interrupted.
- **Your sessions are confidential.** Your counsellor will not share any details of what you have discussed with your parents/carers or anybody else, unless she feels you are at serious risk of harm to yourself or somebody else. If there were to be a concern, your counsellor will share this information with her manager, but this will be discussed with you too.
- **It is important for the counselling process** that you and your Counsellor can commit to attend all sessions. If you ever need to cancel or change an appointment date/time, please let your counsellor know the day before. your Counsellor will do the same if she needs to cancel or change your session time.
- **If you miss your session or cancel without enough notice** (less than 24 hours) on two or more occasions over a 6-week period, your Counsellor may need to discuss if now is the right time for you to have counselling sessions and could decide to close your case, but please remember that you can come back to our service at any time.
- **This is a voluntary service and that means** that you can change your mind at any time. You do not need to accept all sessions offered and if you do choose to end your counselling, you can come back to us in the future when you feel you are ready.