



# Our agency offers many services...

## Free counselling for Young People and adults.



Counselling is about sharing your thoughts and feelings in a safe and confidential setting.

At Number 22 you are welcome to talk about your problems or worries which can help you feel less alone and may enable you to make sense of what is happening in your life.

Counselling is for anyone who wants support in making their own decisions in order to bring about positive changes in their life. You decide what to focus on and whatever the issue is, our counsellors won't be shocked, and they will not judge you. They will listen and help you decide how you want to move forwards.

We offer face to face in our agency rooms in Maidenhead, Windsor, Burnham and Langley and also remotely on zoom and telephone.

## We provide counselling in schools in Maidenhead, Windsor and Slough



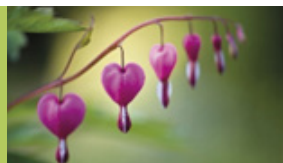
Today's young people are navigating adolescence with increased pressure from exams, family breakdown, social media and cyber bullying. Stigma associated with mental health is slowly being challenged as high-profile awareness campaigns are launched and celebrities - with whom young people can identify - speak of personal struggles. As a result, more vulnerable young people are seeking support than ever before and this is why early intervention like counselling is crucial. Educational circles increasingly recognise that counselling enables children and young people to gain a better understanding of themselves and their personal difficulties, as well as developing strategies to manage change. Ultimately, this can enable young people to access learning. School counselling ensures that young people have better access to mental health professionals.

## Transition groups for Year 6 pupils in primary schools



We have counsellors providing group work for Year 6 pupils in primary school to help them with their transition to secondary school. The pupils work together in small groups, with a counsellor facilitating, to talk about how they might be feeling about moving onto a new school.

## A parent programme offering training and support in understanding adolescents



This course is designed to help parents gain a greater understanding of the various challenges, stressors and pressures that are affecting Young Peoples' Mental/Emotional Health & Wellbeing.

## Support line – a confidential telephone service for young people



As well as regular counselling sessions for which there is a waiting list, we also run a dedicated support line for people aged between 11-25 years. It is a bookable 25-minute telephone appointment which can be used for:

- **A one-off counselling session**
- **An introduction to counselling – what could you expect from counselling?**
- **Signposting to other services**

This service has lots of bookable appointments so please feel free to use the Support Line if you are currently waiting on the waiting list or if you'd just like to ask a question or would like some more immediate support.

## Seedlings Service – counselling and play therapy in primary schools



Primary age children present with different issues to adolescents in secondary school. Where secondary school age young people are more likely to struggle with eating difficulties, self-destructive thoughts or suicidal ideation, primary age children are more likely to struggle with generalised or separation anxiety, attention difficulties or low self-esteem. That is not to say that no young children present with more severe mental health difficulties, such as the ones listed here, but they are not as common.

We are currently working on increasing our presence in primary schools to fulfil the needs of primary age children. This means recruiting more play therapists and growing our team within Number 22.

## Advocacy service – supporting children in contact with social services



An advocate supports children in need, children who may have a child protection plan, children who are in care or have been in care and children leaving care. Predominantly with attending meetings about the child's situation. Parents of children involved in the child protection process can also be supported by an advocate if requested by the child's social worker.

An advocate is not a social worker and is independent of social services. They are trained individuals who are able to offer support, predominantly with attending meetings. They will meet with you and together you will decide the best way they can support you. The service is confidential, unless you say something that means you or someone else is at risk of harm.

## Hope – working with clients who have suicidal ideation



A service aimed specifically at those suffering with suicidal ideation and due to its complexity, we have experienced counsellors ready to help support you. Clients do not need to refer onto this service, please just use the usual 'Sign Up For Counselling' tab on our website. We routinely monitor our waiting list and offer this support to clients who have expressed suicidal feelings.

## Family Action – supporting young carers



We work in partnership with Family Action to support young carers who are referred to our service for counselling.

## Reflective practice – offering support to DSLs in schools and staff in social care



The aim of offering Reflective Practice sessions to staff working in education or the health and social care field is to give them the opportunity and support to focus on their own health and wellbeing. Reflective Practice provides emotional support, space for self-care and to boost resilience by sharing and learning from others. It will allow participants to feel heard and not alone in often isolated and demanding roles.

## Partnerships with GP practices



We are developing partnerships with local GP practices as many people are referred to counselling by their doctors. By working in doctor's surgeries, we intend to help you seek assistance in an environment within which you are already familiar and to provide as many counsellors in the community as we can.

## Independent visitors



An Independent Visitor is an adult friend, who gives time and support to a young person who maybe a looked after child, in foster care, a care leaver or adopted, to help them reach their full potential.

Please visit [www.number22.org](http://www.number22.org) for more information about all of our services. You can sign up for counselling and be placed on our waiting using the Sign Up for Counselling tab. Alternatively give us a call on **01628 636661**. You may receive our answer phone so please leave a message and we will call you back.

Number 22 is a registered charity. We rely on financial supporters and volunteers to meet the current needs of the community and to serve the growing number of requests for help which we receive each week. If you think that you may be able to support us, please do get in touch, we'd love to hear from you.



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community counselling services