

Do you want to talk about it?



You need to be on time for sessions, don't be late

You can have up to 10 sessions for free

You can ring us on 01903 212275 or ring/text on 07565 546604 (monitored during office hrs) or Email us at info@worthingcounsellingcentre.org

Sessions will be 50 mins long

You will meet with the same counsellor at the same time each week

Your first session will be an initial meeting (which will involve some paperwork)

Counselling will take place over the phone or on Zoom, you can choose which you would prefer

Anything discussed in your sessions will be kept confidential and won't be shared

(there are certain circumstances where information needs to be shared; your counsellor will explain this when you first start counselling)

The Counsellors are picked because they work with young people

You will need to give 48 hours' notice if you are unable to attend an appointment

Worthing Counselling Centre is a BACP accredited service

It is a requirement for all counsellors to attend supervision - this is where they can discuss anything from their sessions and find ways to help their clients.

(your name and personal details are not shared)

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It is possible for things to feel worse before they get better so don't automatically think it isn't working, stay with it these things take time

When you start counselling you may not know what the problem is, your counsellor will help you to sort this out

It may take time for you to build trust and a relationship with your counsellor so don't be disheartened if this doesn't happen straight away.

Every counsellor is different, so if you have had a bad experience in the past, try not to think this will be the same

Counselling is a safe place to explore difficult or overwhelming emotions such as fear, anger and sadness

Counselling can help to relieve anxiety and help you find coping mechanisms for many things such as stress, depression, overcoming challenges and past experiences

Counselling isn't a quick fix and isn't a magic wand to make everything go away but will help you find ways to cope better and find answers within yourself

It's ok to cry in counselling or even laugh
(some people experience awkward laughter)

Don't worry about saying or doing the right thing

Look after yourself whilst in counselling. Outside of your sessions make sure you eat, drink and rest (counselling can take a lot of energy and you may feel more tired)