

# ABOUT COUNSELLING FOR YOUNG ADULTS



**AREA43**

# WHAT IS COUNSELLING?



Counselling is a talking therapy which offers a safe place in which to explore your complex thoughts, feelings and emotions, and to find ways to cope with the ups and downs of adulthood.

Everybody has worries from time to time and sometimes we don't want to share them with family or friends as we don't want to worry them or upset them, having counselling allows you to share your worries with someone in a safe space who can help you go through your worries together.

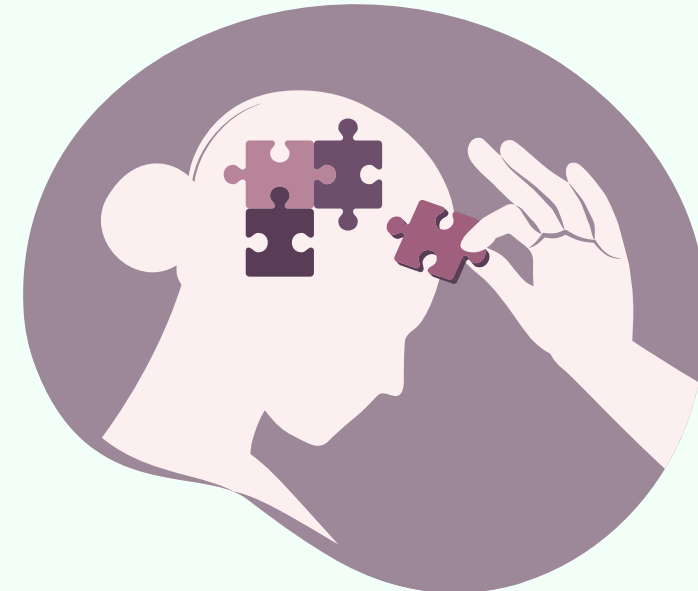
# WHAT IS COUNSELLING?



With a clearer understanding of issues like relationships, body image, sexuality, stress or anxiety, you can be better prepared to take on challenges now and well in the future.

Poor mental wellbeing is highly complex. There's no simple answer, we believe that the majority of mental health problems are best understood as normal human responses to distressing situations and the culture and circumstances that we live in. Through talking therapy, we can help clients identify what they want their lives to be like, what they need for that to happen, what they can change, what they need to accept or let go of, and who and what can help them.

When the help of family and friends is not quite enough because you don't want to worry them or upset them, Area 43 counselling can offer beneficial support.



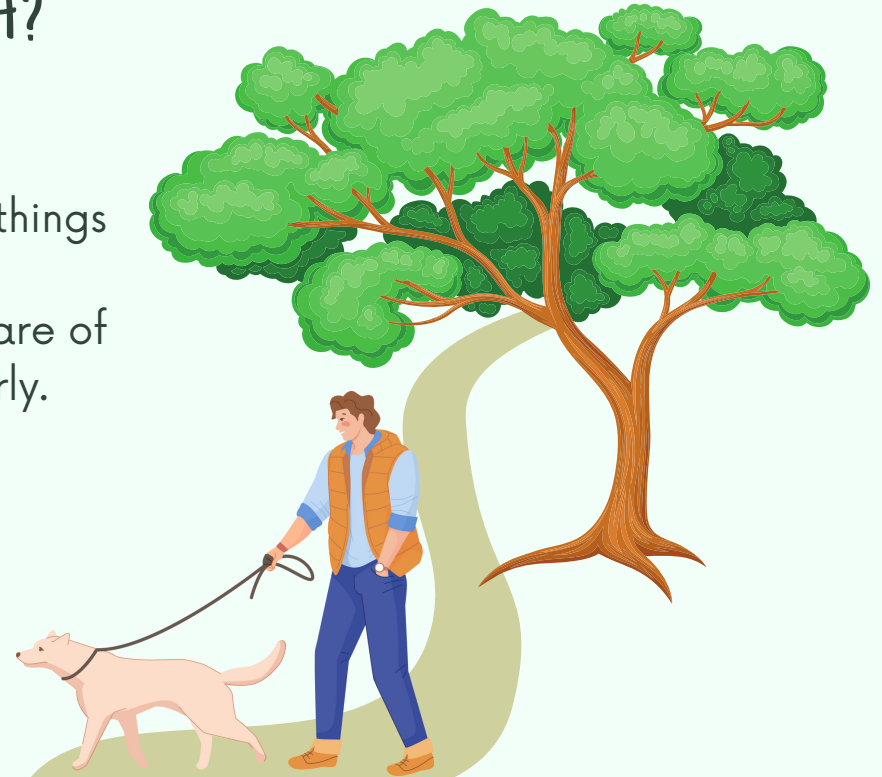
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# WHAT CAN COUNSELLING HELP WITH?

Counselling can help you do the healthy things that are sometimes done naturally and unthinkingly when you are taking good care of your mental health and wellbeing regularly.



Counselling can help to address the troubling emotions that obstruct healthy feelings, thoughts, and behaviours. As a result, Area 43 counsellors take a multifaceted approach to work with each client to ensure that their individual needs are met and their wellbeing is strengthened.



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# WHAT CAN COUNSELLING HELP WITH?

- Affairs and betrayals
- Anger
- Anxiety and depression
- Being bullied or bullying others
- Challenging life events
- Coping with grief or loss
- Difficulties in your relationships with family or friends
- Domestic Abuse
- Eating problems
- Existing as a care experienced young adult
- Family changes such as parents separating or new additions to the family
- Feeling low
- Feeling 'out of place'
- Infertility and miscarriage
- Not feeling confident or self-assured
- Physical or mental health issues, diagnosis and impairments
- Problems in higher education or the workplace, such as feeling pressure or worrying about the future
- Sexual or gender identity
- Struggling to focus and pay attention



# WHAT TO EXPECT FROM COUNSELLING.

There are many different approaches to counselling.  
You can read about them [here](#).



Area 43 counsellors are skilled in assessing which specific type of intervention best suits the needs of each individual. Over a period of usually, 6 - 8 weeks, we work with you, providing a safe and confidential space.



Counselling is for you and about you. At every session, you will decide what to talk about and how much to say. During sessions, you will be encouraged to discuss your thoughts and feelings with a trained counsellor; they will listen to you and offer support without passing judgement or criticism.

The counsellor may help you in improving your understanding of your thoughts and emotions as well as in problem-solving techniques. However, they won't usually provide advice or instructions.

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# WHERE AND WHEN CAN I HAVE COUNSELLING?

Depending on individual circumstances, counsellors may meet with you online, at Depot (in Cardigan) or in a community setting, usually, in a small, private room.

Sessions last up to fifty minutes, and appointment times can at times that suit you.

Counselling may be delivered through the following methods:

- In person at an education or community setting
- Online using your preferred method, such as Google Meet, or Zoom
- Over the phone

You will have the opportunity for 6 - 8 counselling sessions that will be 50 minutes long with a counsellor who is trained to hear you in confidence.



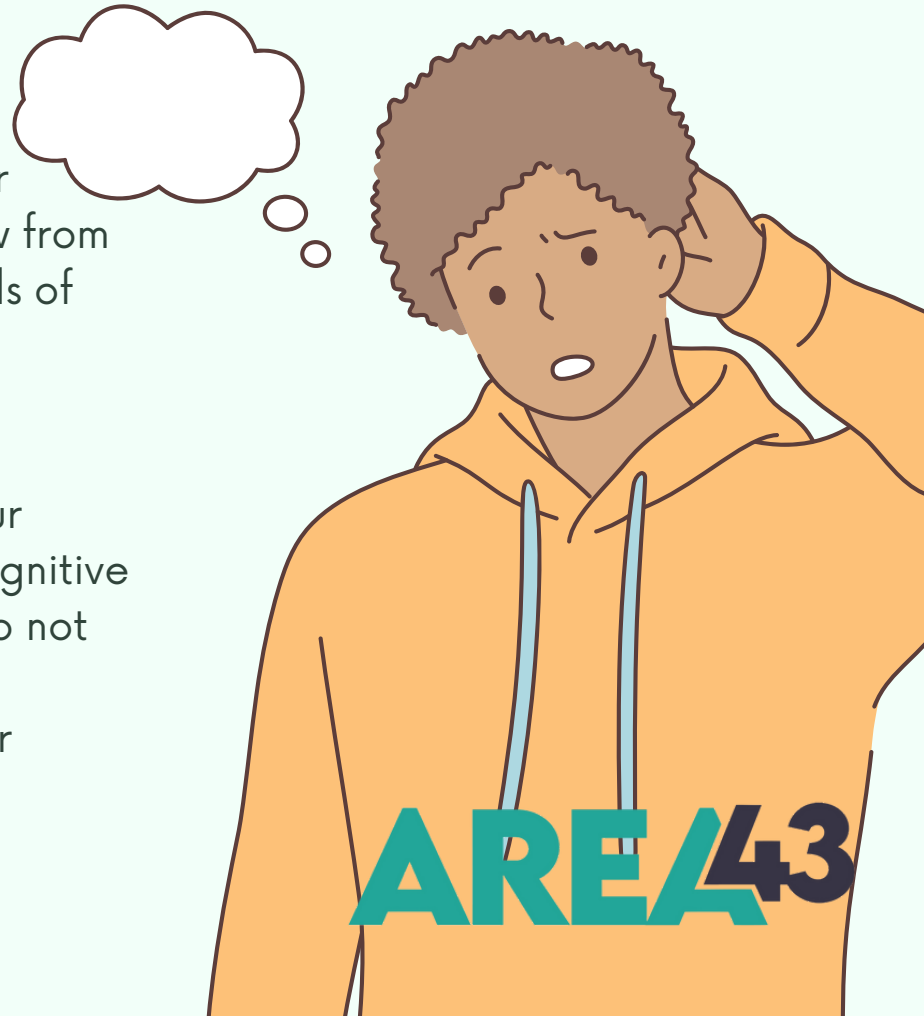
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# HOW CAN I KNOW IF COUNSELLING IS THE APPROPRIATE CHOICE FOR ME?

We will book an assessment so you will have an opportunity to find out for yourself and schedule one or more appointments with the counsellor. You will have the opportunity to ask and talk about how you feel. You are free to choose whether or not to attend further sessions. Whatever you choose is okay. Give it some time.

Most of our counsellors are person-centred or integrative therapists, which means they draw from different approaches depending on the needs of the person they work with.

Each counsellor will work in a particular way, depending on their professional style and your needs, such as working creatively or using Cognitive Behavioural Therapy techniques (CBT). We do not limit ourselves to any one way of working, our counsellors shape their sessions based on your unique circumstances.





# HOW CAN I KNOW IF COUNSELLING IS THE APPROPRIATE CHOICE FOR ME?

Clients fully engage in the shared experience of finding what will work for them, and we sensitively adapt this process as the relationship develops, to ensure the therapy is effective. We look at the whole person, in the context that they are currently experiencing, both the internal and external factors that are impacting their wellbeing.



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# HOW ARE REFERRALS MADE TO THE COUNSELLING SERVICE?

Our children and young person-centred ethos encourages self-referral to the counselling service, enabling autonomy. Parents, carers, education staff, GPs and other agencies can all refer to the service using the same registration form.

Our support is easily accessible and tailored by counsellors to appropriately meet client's needs reflective of their age, language preference, level of understanding and their choice of engagement platform.

Counsellors explain the benefits and limitations of counselling at an assessment meeting and clarify confidentiality and safeguarding. It is also an opportunity for both counsellor and client to decide whether counselling is appropriate and explore the nature of their difficulties. Counselling relationships may enable clients to feel empowered and supported to access additional specialist services and our counsellors will support those transitions and make referrals or signpost as appropriate.

**Scan or CLICK the QR code for your area to access the registration form:**

**POWYS**



**WEST WALES**



# WILL OTHERS BE AWARE OF WHAT I HAVE TALKED ABOUT?

No. Confidentiality is always our priority regardless of the age of the person we work with, a counsellor will explain the confidentiality when you first meet.

Counselling is a time when it's OK to talk about concerns without fear of them being discussed elsewhere. It's important that you feel safe and know that anything you say will be just between you and your counsellor.

The only time anyone else will be told what's been said is if we have an urgent or serious concern unless we have concerns that you or another person are at risk. Area 43 counsellors follow the BACP Ethical Framework and are required to make a record of any suspicions or concerns regarding the safeguarding of all children and young people whether or not they are clients of the service.

In these circumstances, they will work together with the Designated Safeguarding Lead (DSL) at Area 43 or our Clinical Director to take forward any reporting of safeguarding concerns to other agencies such as police and social services. We will only discuss counselling session content with people who can support you in the event of a safeguarding concern and we will always try to do this with you present.

All counsellors must also have regular sessions with their clinical supervisor to make sure they are working safely and to check the quality of their practice. This process is completely anonymous; you will not be identified by name in these discussions.



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# SAFEGUARDING

We collaborate with clients and other service providers to develop a service that places safeguarding, agency, and wellbeing at the heart of its provision.

Our counselling services complement the HM Government's (2006) Working Together to Safeguard Children, Social Services and Well-being (Wales) Act 2014, the Welsh Government's (2012) Together for Mental Health Strategy, and The Wellbeing of Future Generations Act (2015). Therefore, we take our responsibility to keep clients safe very seriously.

Safeguarding means protecting people from harm, including physical, emotional, sexual, and financial harm and neglect. Counsellors must recognise the signs and symptoms of abuse and act on any concerns, based on legal responsibilities set at the local authority level.

Area 43 counsellors follow the BACP Ethical Framework and are required to make a record of any suspicions or concerns regarding the safeguarding of all clients. They will work together with Area 43's Designated Safeguarding Lead (DSL) or Clinical Director to take forward any reporting of safeguarding concerns to other agencies such as police and social services.

The counsellor would aim to discuss the need to report concerns with the client and parents or carers may be contacted where it is appropriate and safe to do so.



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# DATA PROTECTION PROCEDURES

Area 43's online registration form populates a secure, GDPR-compliant client management system (Lamplight). The data we hold includes personal details and demographic information as well as brief, factual session notes and follows guidelines from the Welsh Government on managing referrals.

We use a simple contract (including an accessible version) that sets out the level of confidentiality. The Human Rights Act 1998 gives every individual the right to respect for their private and family life. This includes having any personal information held in confidence in line with the Data Protection Act 1998 and GDPR 2018. This right, however, is not absolute and can be overridden if necessary, such as for a safeguarding concern.



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# WHAT IF I NEED HELP NOW?

- **Papyrus - HOPELINEUK**  
Freephone **0800 068 41 41**
- **Samaritans 116 123**
- **ChildLine 0800 1111**
- Text **SHOUT** to **85258** for 24/7 crisis text support [www.giveusashout.org](http://www.giveusashout.org)
- **C.A.L.L. Mental Health Helpline**  
**0800 132737** or text **HELP** to **81066**





**[counselling@area43.co.uk](mailto:counselling@area43.co.uk)**



**[area43.co.uk](http://area43.co.uk)**



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**Contact Us!**

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