

What is the Counselling Service?

The Counselling Service is delivered by Hull and East Yorkshire Mind. It works with young people to help them manage and overcome difficulties they may be experiencing. The service is confidential and aims to support young people according to their individual needs.

What do we do?

The counselling service works with young people one to one to help them identify what they are struggling with and support them to develop ways to overcome their problems.

This may also include working with a young person's family, or others in their network, to identify the best ways of overcoming difficulties. All of our counsellors are fully trained and can support with problems such as low mood, anxiety, bereavement, bullying, anger and low self-esteem. We will usually work with a young person for 6 sessions, before reviewing the work we have done together and whether the young person needs any further support. We work in a range of venues across the city including schools and youth centres to suit the needs of young people.

Who do we work with?

We work with people between the ages of 10-19.

Young people (or their parents) can self-refer by calling: 01482 240200

Referrals from other organisations into the project are made through the HeadStart Hull checklist which should be completed and returned to: therapyservices@heymin.org.uk

HeadStart Hull Delivery model

"Enabling young people to have positive mental health and wellbeing, thrive in 'their communities' and to be able to 'bounce back' from life's challenges"

