

We're here to listen

**STEPS
Counselling
Service**
for young people
aged 16 to 25
*It's free
confidential
and
independent*



**Surrey
Care Trust**
*Working with
young people
at STEPS*

STEPS COUNSELLING
is run by the Surrey Care Trust
www.surreycaretrust.org.uk

**What kind of things do
people talk about in
counselling sessions?**

Relationships with carers, guardians,
parents and families
Nightmares or not being able to sleep
Anxiety
Stress
Bullying
Angry feelings
Where you go to next in your life
Feeling low
Feeling out of control
Wanting to sort yourself out
Someone close to you dying
or leaving
School or college

*Remember – it's you who decides
what you want to talk about*

**Who runs STEPS
Counselling?**

The counselling service is run by a charity called the Surrey Care Trust as part of its STEPS programme. STEPS provides education and training, mentoring and support, helping young people to acquire the skills they need to make a confident start in life.

The Surrey Care Trust also runs other programmes and services for people of all ages.

To find out more about our work, visit

www.surreycaretrust.org.uk

Counselling number
0845 241 0370

**Surrey
Care Trust**
changing lives

Registered charity number 285543
Registered with limited liability in Cardiff, number 1658859

The Surrey Care Trust 1 Old Elstead Road, Milford, Godalming,
Surrey GU8 5EE 01483 426990

About STEPS Counselling

The STEPS Counselling Service is dedicated to working with young people independently of all other organisations.

All we need to know before you arrive is your name, age and a way to contact you.

You decide what you want us to know about yourself and it will be you who tells us, not a social worker, or a parent, or any other adult... unless you would like someone to give us information on your behalf.

We provide sessions with a counsellor and it's up to you how many you want to have. You might want to use only one or two. We can offer short or long term counselling.

*Counselling sessions are held in Staines and Woking
They are free and confidential*

What is counselling?

Counselling can help you talk through difficult feelings and problems that are concerning you.

Some people find that after doing this they feel better and more in control of their lives. What you tell your counsellor is confidential.

Sessions last 50 minutes and are private and uninterrupted.

You may meet your counsellor just once or for a number of weekly appointments - you decide.

Our counsellors

Our volunteer counsellors are seeking further professional development and they work under the supervision of an experienced, qualified supervisor employed by the Surrey Care Trust.

The Surrey Care Trust STEPS Counselling Service abides by the Code of Ethics of the British Association for Counselling and Psychotherapy (BACP).

Confidentiality

It is important to know that what you say to your counsellor is private. STEPS counsellors will not normally speak to anyone else about you and what you have told them, unless you ask them to.

How do I get to see a counsellor?

If you would like to see a counsellor you can:

Phone 0845 241 0370

Email steps@surreycaretrust.org.uk

Write to STEPS Counselling Service,
6 Wayside Court, Woking Surrey GU21 3RP

We will then call, email or write to you to arrange an initial meeting where you can find out more about counselling and we can find out more about you.

Following this appointment we let you know what counselling appointments are available.