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*Basingstoke  
and Deane*



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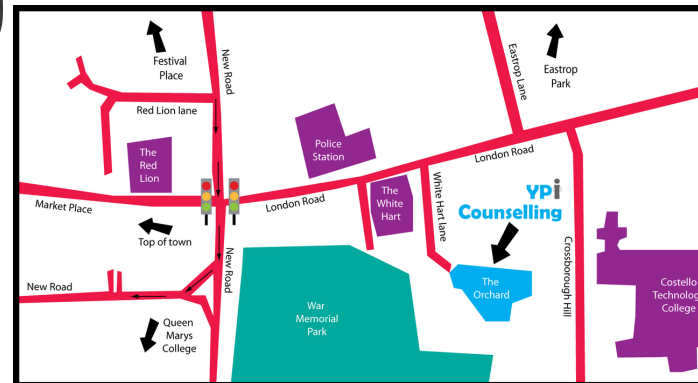
**Hampshire**  
County Council

If you're feeling unhappy or worried about something then we can help you!

YPI Counselling services offer young people aged 11-25, parents and families to come and talk to a trained Counsellor in a safe space about a wide range of difficulties you may be facing in your life.

We are open Monday to Friday offering daytime and evening appointments.

Please call or email us for further information - further details including referral forms can be found on our website.



## YPI Counselling

The Orchard  
White Hart Lane  
Basingstoke  
RG21 4AF

### OUR CONTACT DETAILS:

**T:** 01256-423-878

**E:** office@ypicounselling.co.uk

**W:** www.ypicounselling.co.uk

Counselling &  
Mentoring for  
Young People

Counselling for  
Parents

**YPI**

# Counselling

Promoting healthier, happier young minds

Family  
Counselling

Specialist  
Counselling  
& Group Work



Things we can help with include:

- > Feeling isolated or lonely
- > Self-esteem and identity
- > Depression
- > Anxiety or mild phobias
- > Bullying
- > Self-harm or suicidal thoughts
- > Anger
- > Issues with body image
- > Sexuality and gender
- > Bereavement
- > Relationships
- > Issues at school

## Youth Counselling

YPI provides up to 12 sessions of free counselling to 11-25 year olds, offering a confidential and safe space for young people to talk to a professional counsellor about their worries, concerns and difficulties. Our aim is to equip young people with tools and strategies to increase their mental and emotional health.

## Counselling for Parents

We understand that being a parent can be one of the hardest jobs in the world at times. Our parent counselling service is designed to give parents the time and space to feel supported with their own emotional and mental well-being when they need it most. Sessions are charged on a low-fee basis according to household income and you can access weekly counselling sessions for as long as you need. Support groups also available.



## Youth Mentoring

For young people aged 10-19 who are at the early stages of showing signs that things in their life are becoming difficult, we offer mentoring sessions, individually or as a group, to help them get back on track. Whether they're facing challenges at school, lacking social confidence or are struggling at home, our mentors work with young people out in the community to build their life skills and achieve their aspirations.

## Family Counselling

Our mission is to improve the emotional well-being of young people. However, we understand that family members play an essential role in helping us achieve this. That's why we've developed a Family Counselling service that can offer support to all members of the family together, or individually where needed. Sessions are held weekly with a fee charged per session.



## Specialist Counselling

We provide direct access to up to 18 sessions of free therapeutic support to young people aged 11-19 who have been victims of any form of childhood sexual abuse, rape or exploitation. Our trained worker can support a range of difficulties relating to self-worth, confidence and forming healthy relationships with family and peers.

## School & Community Work

We work with a number of schools and community groups across Basingstoke, increasing awareness and the resources available within the community to support the mental health of young people. From providing a dedicated counsellor within a school or community centre, through to offering targeted workshops/training to staff and young people. We are proud to support our community partners. Please contact us to find out how we can support your organisation.

