



The Butterfly and Phoenix Project is still here to support young people!

We are a team of trained counsellors working across Preston, Chorley, South Ribble, Fylde and Wyre. We support young people aged 11-18 to resolve emotional difficulties through the delivery of 1-2-1 counselling and group workshops. You can meet our friendly team here <https://www.butterflyandphoenix.org/meet-the-team>

Whilst our service can be delivered in a range of settings, many of the young people we support are referred by school staff and/or choose to speak with their counsellor whilst at school. With schools now closed referrals to our service have decreased yet we know the pandemic is affecting many young people and impacting their emotional wellbeing. Therefore, we need your help to identify young people in need of our support and to refer them to our service where consent is given.

At this time, we can support young people remotely with 1-2-1 counselling being offered by telephone, text and via video calling. This support enables young people to talk about their problems and feelings in a safe and confidential environment and can help with issues such as anxiety, depression, self-harm, bereavement, bullying, low self-esteem, and relationship problems for example. Our counsellors support young people to use alternative coping strategies and to build their resilience before these issues escalate.

To find out more about the service you can visit our website at www.butterflyandphoenix.org

To refer a young person to our service you can either

- ✓ Call us on 0345 138 208 (*lines are open 8am to 6pm Monday to Friday*)
- ✓ email us at admin@n-compass.org.uk