

Children & Young People's Counselling

Sandwell CYP Covid Recovery Project

Relate is offering a free counselling service to children and young people (8-18) in the Sandwell area, whose wellbeing and mental health has been negatively affected by Covid.

Each counselling session lasts up to one hour.

Relate Children & Young People's Counsellors are fully trained and work with young people on a wide range of issues.

Changes in your life...

- You lose someone you love
- Your family falls out
- You move home or school
- Your relationships change
- Exam or school worries are affecting you

...Can leave you feeling...

- Angry
- Sad
- Confused
- Afraid
- Alone

...and can change how you behave...

- Not eating / sleeping
- Fighting
- Wanting to be alone
- Hurting yourself

Time for You is...

- Friendly
- Confidential (Private)
- One to One

Time for You will...

- Listen to YOU
- Offer you a chance to discuss your fears with a trained counsellor
- Help you find ways to deal with changes in your life both at home and at school



**TIME for
YOU**

Appointments can be made by contacting Michelle on 0121 824 0303 or email timeforyou@relatebirmingham.co.uk

Appointments can be made by professionals, schools or by self-referral.

At your first appointment the counsellor will discuss with you the best kind of help for your particular problem.

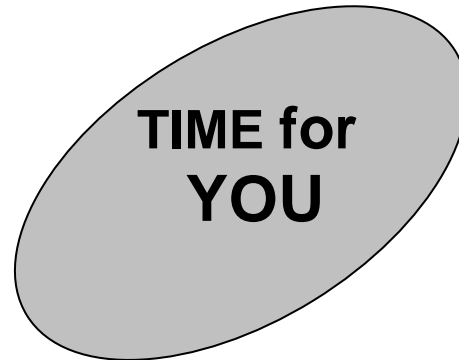
If it is agreed that counselling would help, we will offer you further appointments.

This project is being provided by Relate as part of SCVO's Emotional Wellbeing Programme.

If you have any queries or questions, or would like to make a referral, please contact:

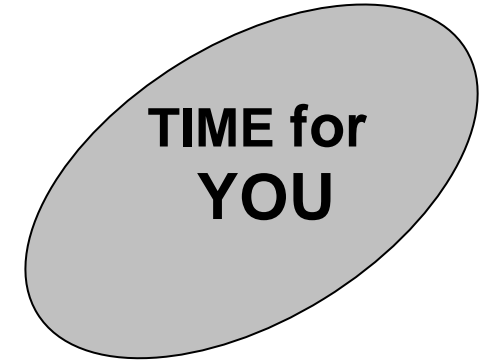
Michelle Jones
(Project Co-Ordinator)

0121 824 0303 or email timeforyou@relatebirmingham.co.uk



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- Anxiety or low confidence?
- School or exam worries?
- Peer Pressure?
- Pressures on social media?
- Family / Relationship problems?