



**Winchester Youth  
Counselling**

# **Information for parents following session 1**



## **What you need to know about counselling at WYC**

-  Counselling is tailored carefully to your child or young person.
-  It is confidential unless there are safeguarding issues.
-  Progress is reviewed every six weeks.
-  The number of sessions is decided collaboratively by your child and their counsellor.
-  Young people often have strong feelings towards their counsellor. These can be positive or negative. As we do not usually agree to switching counsellors, for therapeutic reasons, do encourage them to discuss their thoughts and feelings openly with their counsellor.

**Find out more**  
[www.winchyc.org](http://www.winchyc.org)

## **Contact & Social Media**

  WinchesterYouthCounselling

 WincyYC

 01962 820 444

 [admin@winchyc.org](mailto:admin@winchyc.org)



**"Counselling has  
improved my mental  
health and made me  
a happier person"**



## How you can help

- Respect the confidentiality of the counselling process. Your child or young person may wish to share what they have discussed with you (which of course they can) but they may not want to either. In this case, it is best not to ask lots of questions. Just making sure they know you're there for them if they do want to talk is a great help in itself.
- Counselling can be a tiring process. Ensuring your child has some space and time to rest and reflect after the session if they need to can be really useful.
- Counsellors will not routinely give updates, though may communicate occasionally with the consent of the child or young person.
- Updates from your side can be helpful, if not too frequent! A phone call or parent consultation can, on occasion, be arranged with a senior practitioner who is not directly involved in counselling if your child is happy about this.



**Find out more**  
[www.winchyc.org](http://www.winchyc.org)

## Contact & Social Media

  WinchesterYouthCounselling

 WincyYC

 01962 820 444

 [admin@winchyc.org](mailto:admin@winchyc.org)

