



relate
the relationship people

**Relate Derby
and Southern Derbyshire**

3 Wentworth House • Vernon Gate • Derby • DE1 1UR
01332 349177 • Fax: 01332 297384
Email: info@relatederby.org.uk
Website: www.relatederby.org.uk

Relate Safe Speak Counselling

Email: info@safespeak.org.uk
Website: www.safespeak.org.uk

Safe Speak is the name used for our
children and young people's services

A company limited by guarantee
Registered in England 4980776
Registered Charity No. 1110768



We want to make Safe Speak the best we possibly can.
If you have any comments, ideas or complaints then
use the Feedback Form on the Safe Speak website
or write to our CEO at the above address.

Problems past or present?
Worried about the future?

Come to a safe place
where you can talk about your
thoughts and feelings in private.



**Counselling
for children
and young
people**

**Come to
a safe place
to talk
in private**

relate
the relationship people

Safe Speak is Relate's counselling service for children and young people in Derbyshire and East Staffordshire.

We offer support in lots of ways:

- Counselling for 5-18 year olds at the Relate Centres in Derby and Chesterfield
- Counselling in schools and other venues across the region
- LiveChat counselling via computer for 11-18 year olds

What is counselling?

Counselling gives you a chance to talk about what is bothering you to someone who is not connected with your family, friends or school.

A counsellor will help you to make your own decisions and understand things better.

Why talk to a Counsellor?

If you are worried, this can have an impact on your time at school or work and your friendships. Problems which seem unimportant to someone else can seem overwhelming to you.

Being able to talk to someone outside of your situation can help you to feel less stressed and more able to enjoy life.

Counsellors are trained to listen without judging and to help people sort out troubling thoughts and feelings.

What can counselling help with?

We see young people who want to talk about family problems or issues with other people in their life. You can talk about other things as well, like feeling anxious or problems at school.

If you're not sure whether counselling can help, why not come along for a first appointment anyway! If we can't help, we'll do our best to work with you to find someone who can.

Is counselling private?

Whatever we discuss is confidential within the service, unless we believe that you or someone else is being harmed or at risk of being harmed. We would always try to discuss this with you before talking to anyone else.

Who will know I'm seeing a counsellor?

The counsellor will try to keep the fact you are coming to counselling as private as possible. When someone else is helping you with your problems, we may need to let them know when you start and finish counselling.

If you are coming to counselling at a Relate Centre we normally ask an adult to come with you to make sure you get to and from your sessions safely. We will ask them to stay in the Waiting Room during your sessions.

If your parent needs help then they can get advice and support on our Telephone helpline 0808 178 9363 or our LiveChat drop in @ www.relatederby.org.uk Contact Relate Derby for opening times.

We can also provide support for parents or families at any of our Relate Centres.

Can someone make me go to see a counsellor?

No. Someone can suggest you have counselling, but going to counselling is your choice.

During your first counselling session, you will have a chance to ask any questions you may have about counselling and to talk a bit about what's bothering you. If you wish, we can then set up a series of appointments.

How do I arrange a meeting?

Contact the Safe Speak Office to find out where your nearest counsellor is based. Call 0800 093 5264 / 01332 349301 or you can email info@safespeak.org.uk

If no one is available to answer your call, you can leave a message on our answerphone. Please leave your name and telephone number and suggest a convenient time for us to call you back. Let us know if it's OK to leave a message for you if someone else answers the phone.

If you are in a school with a Safe Speak service, ask your Head of Pastoral Care or Head of Year about seeing us. You can also contact the Safe Speak office and we will sort it out for you.

Sometimes we can't find a slot near enough to where you live, but we will do our best! Also, many places have a waiting list.

Each appointment lasts about 45 minutes. If you can't make an appointment for any reason, please leave a message on the number above.