

Information about the first meeting with the counsellor

Your First Visit

Your first visit is a chance for us to meet you and get to know you a little better.

It's not a test

There are no right or wrong answers. You can say as much or as little as you like. We just want to understand how things are for you and how we can help.

Talking about counselling

We will explain what counselling is and what happens in the sessions. We'll tell you what talking to a counsellor is like and how it might help you.

Asking questions

You can ask any questions you want. If there is anything you're worried about, you can tell us, and we'll talk about it together.

Parents and carers

A parent or carer may come with you for part of the visit. You'll also have time to talk to the counsellor on your own.

What we'll talk about

We will ask you some simple questions to help you:

- talk about what you would like help with
- think about what you would like to feel or do better after counselling

This helps us make counselling right for you.

Other help

Sometimes we might tell you or your family about other activities or services that could help you too.

The counselling room

You can see pictures below of the building and the room where you will meet your counsellor. This is where your first visit and future sessions will happen.

Pictures of the building where counselling takes place

Main entrance



Reception



Waiting area



Therapy room



Another picture of the therapy room



Some things you might use in counselling

