

## Booking an Appointment

Just pick up the phone to request an intro' session. If you are 11-25 and live, work or study in the Borough of Hounslow you can self-refer to our free, 1-2-1 service – you don't need an adult or health professional to refer you to HYCS.



## Intro Session & Beyond

It's natural to be a bit nervous when trying something new! Our friendly team understand that and will be pleased to meet you for an intro session – a chance for you to see if counselling is for you and to explore what is troubling you. After this session, you can decide if you want to register for ongoing, regular weekly counselling.

## Get in Touch



**T 020 8568 1818**  
**SMS 07784 481308**  
**E ask@hycscounselling.co.uk**  
**www.hycscounselling.co.uk**

# Need to talk?

**We're here to listen....**

Free confidential counselling  
for young people  
in Hounslow Borough

**for 11-25  
year olds**

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# HYCS

**Talking to us can really help**  
**Hounslow Youth Counselling Service**

If you're reading this you may already be thinking about getting help.

Sometimes emotions and problems can feel really overwhelming – you may not be sure what to do.

**Reaching out to someone may feel hard but it *can* make a difference.**

### What We Do

HYCS offers a free, confidential counselling service just for young people aged 11-25 in Hounslow Borough – whatever is troubling you, we're here to listen.

**"It felt as if someone understood. I feel better about myself and more confident."**

### So, What is Counselling?

We all need support from time to time and counselling provides a safe, supportive and confidential space to explore and work through whatever is troubling you. Our counsellors will listen carefully to what you say, without judging and will help you to work through problems and to develop in your own way to achieve your potential.

**"It's when someone listens to how you feel. They won't tell you that you're wrong. You are allowed to feel how you want to feel."**

### What Can I Talk About?

You can talk to us about anything that is worrying you –

**worry, anxiety, anger, loss, self esteem, relationship problems, family difficulties, gender and sexuality...**

... the list is endless. Whatever is troubling you, **talking to us can really help!**



**"...it helps you get out what you are thinking and feeling."**

### Our Experience

HYCS, with more than 30 years' experience in supporting the young people of Hounslow Borough and our team of counsellors offer a friendly and highly professional service.

We offer counselling at different locations in the Borough which include our **Isleworth centre, local secondary schools, HMP FYOI** and through the **Youth Offending and Leaving Care services**. Just give us a call to find out more about getting help at any of these locations.

**"It was good to be able to talk about my problems and not feel alone."**

