

Counselling & Psychotherapy Services at Platform

Platform offers young people aged **16 to 24** a **free and confidential** counselling service. We offer **6 sessions** of one-to-one integrative counselling with a qualified Young People's Counsellor.

We see anyone within our age range who lives in Islington or has an Islington GP.

You can refer yourself by emailing counselling@brandoncentre.org.uk. Alternatively, you can be referred by someone else, for instance your GP.



Platform

Hornsey Road Baths, 260 Hornsey Road
London N7 7QT

Tel: (Brandon Centre) **020 7267 1321**

Email: counselling@brandoncentre.org.uk

Website: www.brandoncentre.org.uk

Appointments: Monday to Friday, sessions available in the evening and afternoon

Train and Underground: Finsbury Park Underground Station (Victoria Line)

Buses: 4, 17, 29, 43, 91, 106, 153, 210, 253, 254, 259, 271, W3, W7

Counselling & Psychotherapy Platform



Here for Young People

What sort of problems can be helped through counselling?

Young people ask us for help with all sorts of problems and difficulties, for example:

- bereavement
- being bullied
- feeling suicidal
- feeling isolated
- relationship problems
- feeling anxious or stressed
- family problems
- feeling angry or violent
- self-harming
- feeling unhappy or depressed
- if something bad has happened to you

or

- difficulties at school, college or work.

You don't need to wait until a problem is getting on top of you before you try counselling. Get in touch with us even if what is troubling you does not seem that serious as often it can be easier to resolve than if you leave it and it gets worse.

Who is the counsellor at Platform?

There is a Young Person's Counsellor working at Platform. They have experience in working with young people who have personal problems.

What happens in counselling and psychotherapy?

Counselling is not the same as giving advice or telling you what to do. Instead, your therapist will help you to understand the issues that are worrying you, so that you can decide for yourself how best to deal with them. In your sessions you can talk about whatever you need to without being judged, and in the knowledge that what you say will remain confidential. Your therapist will respect your values and lifestyle and you can use the time you spend together to help you think about any choices or changes that you would like to make. Individual sessions will usually last for 50 minutes and take place in a comfortable and private setting. How many times you need to come will depend on what is helpful for you. We normally see young people for 6 sessions.

How can I refer myself?

You can refer yourself for counselling at Platform by completing our referral form and e-mailing it to counselling@brandoncentre.org.uk. You can get a copy of our referral form from our website or you can e-mail us to request a copy. Please let us know if you require assistance completing the referral form. Alternatively, you can be referred by someone else, for instance your GP or your parent. The waiting time for an appointment varies, but we will contact you when we have one available at a time that is suitable for you.

Who is it for and how will it help?

Everyone has times in their lives when they could use a bit of extra help and support. The counselling service is available to anyone within our age range (16 to 24) who lives in Islington and has an Islington GP, and it is free of charge.

What if more help is needed than Platform can provide?

Sometimes it might be necessary to refer you to another service in order to get the right type of help for you. We would always discuss this with you first and ask for your permission.