

HOW DO I GET IN TOUCH?

You can come to our office:

Suite 1, First Floor, Saltire House, Pentland Park, Glenrothes KY6 2AL

You can email:

info@fifewomensaid.org.uk

or you can phone free of charge:

0808 802 5555

Websites

Here are some websites you might find useful:

- www.youngminds.org.uk
- www.b-eat.co.uk
(eating disorders)
- www.selfharm.co.uk/
- www.papyrus-uk.org (suicide)

Free Apps4

- SAM (self-help for anxiety)
- Calm Harm (help with resisting self-harm)
- SuperBetter (resilience for Gamers)
- Smiling Minds

YouTube Channels

- Watchwellcast

Get in touch

Please ring 0808 802 5555 to talk to a support worker in confidence about your options and our services. The line is open weekdays between 9am and 5pm, and an out-of-hours service is available from 6pm until 8am Monday to Friday and 24 hours at weekends.

For more information about the services we offer and to read stories from survivors, please visit our website www.fifewomensaid.org.uk

You can also find out more about what we do from our Facebook page or on Twitter, Instagram and LinkedIn.



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Fife Women's Aid Children and Young People's Counselling Service What's it about?



Why should I have counselling?

Because sometimes life can feel really difficult – especially if:

- you're not getting on with family and friends
- you're feeling anxious, sad and depressed
- you feel angry all the time
- you're lonely
- you're being bullied
- you're not sure about your sexuality
- you've lost somebody close to you
- you're self-harming
- you have eating problems
- you're being abused and you can't talk to anybody about it
- you (or somebody close to you) are drinking or doing drugs and it's out of control

How can counselling help?

Talking to somebody outside of friends and family can make things clearer. You don't have to worry about upsetting anybody or making them angry. You can be honest.

The counsellor will listen to you. They will accept what you say, and they will respect you.

They will help you to understand your feelings and think about whether you need to make changes in your life.

What they won't do is judge you or tell you what to do. They won't get angry or upset.

It's up to you whether you come to counselling or not.

Everything you say will be treated as confidential – unless your counsellor thinks you might not be safe. They will explain this when you meet them.

How do I get counselling?

If you're 18 or under you can use our service. If you're 12 or over, you don't need anyone's agreement.

You can get in touch yourself by phone, text or email. Or you can ask somebody like your project worker, teacher or parent to do it for you.

What if I don't want to talk?

That's ok. Not everybody likes to talk. You can also use art or other ways to express how you feel. We can tell you what's available.

When can I get counselling?

At the moment, you can have counselling sessions on Mondays and Wednesdays. You decide after your first appointment whether you want to go ahead or not. If you decide to go ahead, you will get up to 20 sessions. They last for 50 minutes and take place once a week.

