

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:

counselling@fifewomensaid.org.uk

or you can phone free of charge:

0808 801 0422

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

Making a complaint

If you want to make a complaint, then
it will go through the FWA Service
User Complaints Policy procedure.

If the complaint is about the
FWA counselling service and this
procedure hasn't resolved the issue,
you can then submit a complaint
to COSCA (Counselling and
Psychotherapy in Scotland) below:

COSCA
16 Melville Terrace
Stirling
FK8 2NE

Website: www.cosca.org.uk
Telephone: 01786 475140

You are welcome to see all our
policies and procedures.

Get in touch

Please ring 0808 801 0422 or send us a message via Facebook Messenger on
[@jointhedotsfwa](https://www.facebook.com/jointhedotsfwa) to talk to a support worker in confidence. The service is available
between 9am and 5pm Monday to Friday.



We are also available during the evenings and weekends for urgent calls and messages.
Contact via phone is available from 6pm to 8am Monday to Friday and 24 hours on Saturday
and Sunday and we will respond to Facebook Messenger between 6pm and 2am Monday
to Friday and between 9am and 2am on Saturday and Sunday.

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.



Fife Women's Aid is a charitable company limited by
guarantee Co. No. SC316350 Registered Office: Suite 1,
First Floor, Saltire House, Pentland Park, Glenrothes, KY6 2AL
Registered Scottish Charity SC011689



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, Facebook messenger or email (details are on the back page of this leaflet). 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?

You can have counselling sessions between Monday and Friday. Sessions normally take place at school or in another safe venue and last for 50-minutes. You decide after your first appointment whether you want to go ahead or not. If you decide to go ahead, you can have up to 24 of sessions.

