



Feeling...  
Sad? Confused?  
Angry? Worried?  
Stressed? Afraid?



You've been sent this leaflet because the Young Minds Matter team think counselling from TIC+ might be a good option for you right now... TIC+ counsellors can help, they care, won't judge, and will take you seriously.

## CONTACT US

Message us:

[www.ticplus.org.uk](http://www.ticplus.org.uk)

Text us: 07520 634063

Call us: 01594 372777

Email: [admin@ticplus.org.uk](mailto:admin@ticplus.org.uk)

TIC+ Offices, 4th floor, Building 8,  
Vantage Point Business Village,  
Mitcheldean, Gloucestershire, GL17 0DD



## What is counselling?

You can talk to your counsellor about anything that's worrying you and they will help you to find better ways to cope, getting things back on track. They will always go at your pace and won't ask you to share anything until you're ready.



## Is what I say private?

Yes! We won't give out any information about you to parents, professionals, teachers or anyone else without asking you, unless you want us to, or if we believe you or someone else is at serious risk of harm.



## Where will the counselling take place?

Your counsellor will arrange to meet with you face to face at your school/college or if you prefer a suitable place near to where you live. You can also choose to have counselling by video, or telephone or online text if you prefer.



## How long might I have to wait?

During busy periods there may be a long wait for counselling. If you want to know how long this might be, please contact us by phone or text.

## What happens next?

Young Minds Matter have already given us your contact details. As soon as a TIC+ counsellor is available to see you they will be in touch by phone or text to arrange an appointment. This will be an opportunity for you to find out more about counselling and for you both to make sure that counselling is the best kind of support for you. Please contact us if your number changes or you have a number you'd prefer us to use to contact you. If things get worse please let us know as soon as possible.

## What support can I get while I wait?

Why not drop in to tic+chat? No appointment is needed, it's anonymous, and you can use a phone or chat online. Visit [www.ticplus.org.uk/ticpluschat](http://www.ticplus.org.uk/ticpluschat) for more info.

You can also visit the Advice section on our website for useful tips [www.ticplus.org.uk/advice](http://www.ticplus.org.uk/advice)

## What if I decide I don't want counselling?

There is always a list of young people waiting for counselling, so if you change your mind about having counselling, or things get better and you no longer need it, please let us know as soon as possible so we can give your place to another young person.