

Things our clients have said:

"Thanks for helping me. I feel better and not so sad"

"I am now learning to deal with things in my own way"

"I think it's been great at counselling it's helped me and my family"

"I was sad. But now I am happy"

Our Offices

Younger Mind - Staffordshire

78 King Street
Newcastle-under-Lyme
Staffordshire
ST5 1JB

T 01782 618803
F 01782 621351

E youngermindnewcastle@nsmind.org.uk

Younger Mind - Stoke-on-Trent

83 Marsh Street
Hanley
Stoke-on-Trent
ST1 5HN

T 01782 262100
F 01782 262212

E youngermind@nsmind.org.uk

Younger Mind - Stafford & District

17 Eastgate Street
Stafford
ST16 2LZ

T 01785 283440
F 01782 621351

E youngermindstafford@nsmind.org.uk



Younger
Mind

Emotional Support
for Young People
11 - 18
Years of Age



The Younger Mind 'Jigsaw' was designed by pupils of St Edwards Junior High School, Leek.

Reg. Charity Number 700788 Company Limited by
Guarantee Reg. in England 2294089



We're Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.



North Staffs

Who are we?

Younger Mind is a counselling service for young people.

What do we do?

We offer support to young people who are experiencing emotional distress.

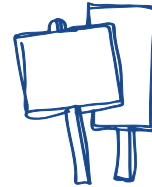
What might cause emotional distress?

- ◆ Family relationships
- ◆ Bullying
- ◆ Anger and frustration
- ◆ Someone being ill or who has died
- ◆ School issues
- ◆ Life pressures
- ◆ Sexuality
- ◆ Low mood
- ◆ Anxiety
- ◆ Self Harm
- ◆ Any other experiences



How do we support you?

- ◆ One-to-one counselling
- ◆ Group Work
- ◆ Workshops
- ◆ Consultancy
- ◆ Ask, we may be able to support you in other ways.



Therapy doesn't have to be just talking, we can also work in a variety of ways which might appeal to you. These could include:



How do I get to see a counsellor?

- ◆ Self referral - you can telephone us and discuss what you need.
- ◆ Parents/Guardians - can telephone us to make an appointment for you.
- ◆ Your GP or school nurse can make a referral.
- ◆ Other agencies - can refer you to us.

In all cases it is necessary for you to know that you are being referred to our service and that you want to come to counselling.

Counselling can only help if you want to be there.

What is confidentiality?

Counselling is normally confidential. That means we won't tell anyone else what you tell us.

But there are some issues and situations where we cannot promise absolute confidentiality. We will explain these issues to you at your first appointment and we would tell you if we intended to break confidentiality.