

**Time to Talk Bucks** is a free confidential counselling service available to all young people in Buckinghamshire aged 11 to 25.

### How we could help...

Are you are feeling unhappy or confused by anything in your life?

By talking things through with a counsellor it could help you to understand your feelings and start to make positive decisions and potential changes in your life.

### How to contact us:

Please call 0845 408 5022 or 07764 210398 to speak with a member of the **Time to Talk Bucks** team.



@TimetoTalkBucks

Search for 'Time to Talk Bucks' on Facebook!

*"feeling confident and like me again!"*

[www.timetotalkbucks.org.uk](http://www.timetotalkbucks.org.uk)  
[counselling@timetotalkbucks.org.uk](mailto:counselling@timetotalkbucks.org.uk)

A service delivered by



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Counselling  
Service  
for Young People**

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Young people discuss all kinds of concerns with their counsellors. These are some of the problems we have helped with in the past:

- Family
- Relationships
- School
- Stress
- Anxiety
- Anger
- Drugs
- Bullying
- Depression
- Low self esteem
- Disability
- Illness
- Self harm
- Abuse

### Where can I meet a counsellor?

Counsellors are available at many locations across Buckinghamshire and available to talk to you at [www.timetotalkbucks.org.uk](http://www.timetotalkbucks.org.uk)

### What is counselling?

Counselling provides an opportunity for you to talk about things that are worrying you.

- You will be listened to
- You will be taken seriously
- You will be respected
- You will be encouraged
- You will not be judged

### How do I know my counsellor is competent?

All our counsellors are carefully chosen; trained to work with young people and are fully qualified in counselling or in the advanced stages of their training.

They all receive supervision and abide by the BACP (British Association of Counselling and Psychotherapy) code of ethics.



“...helped to deal with my anger and family issues...”

“I’ve become more positive and believe in myself!”

