

JUMP START

TALK TO US

OFF THE RECORD

COUNSELLING FOR YOUNG PEOPLE IN SUTTON

WHO ARE WE?

A new service offering free counselling to young people aged 11-21 who live, work or study in Sutton. We open in May 2013 and counselling sessions will be fully up and running by the end of August 2013.

“The fact that I’ve been asked about the service has made me feel as though someone does care and that the service is for us, and built around us – not for us to try and fit in.”

WHAT DO WE DO?

- We offer confidential counselling sessions where you can explore your thoughts, feelings, beliefs and experiences with the support of a skilled listener.
- We are friendly and we won't judge you.
- We want you to have the time and space to get to know and understand yourself better.
- We will support and encourage you to deal with whatever challenges or difficulties you face.

WHAT DO WE BELIEVE?

"I think that Jump Start is a great idea and that it will help many people."

We believe in you. But at times life can be really difficult and it can feel hard to cope on your own. When this happens we can feel sad, scared, hopeless or angry. We believe it's okay to ask for support at a time like this and that you have the ability within you to find your own answers.

At Jump Start we believe that you, not the counsellor, are the expert on yourself, but that the counsellor can help and support you in finding your own way forward. Through this we hope to help you to develop your potential and feel more able to deal with life's challenges.

"As a teenager I've seen a rise in so much depression and other issues... hopefully the gap that so many young people are feeling inside will at last be filled through Jump Start."

MAKING THE FIRST CALL...

We understand that making the first steps towards getting help can be hard. If you would like to find out more about what support is available from Jump Start, contact us for a friendly and welcoming discussion about how we can help.

"Counselling isn't just for adults, it's for young people as well."

HOW DO YOU CONTACT US?



020 8251 0251



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www.jumpstartsutton.org



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