

What young people have said about Barnardo's Counselling services:



' I feel that I've changed and I'm really proud of how far I've come '

' You're the only one who I can really tell it how it is '

' I come in here with the weight of the world on my shoulders and I leave without it! '

I'm still not sure.....

If this leaflet doesn't answer all of your questions, feel free to call us on our confidential number given on the back of this leaflet or email us and find out whether counselling is right for you.

I want to Talk2 a counsellor - how can I do this?

You can contact us yourself or ask a family member to do it for you. You can then meet twice with a counsellor to see if Talk2 is right for you.

Your doctor or other health professional can refer you for up to 6 sessions with a Talk2 counsellor.

Contact details

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Believe in children



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In partnership with:



Talk2 Counselling Service for Children and Young People

Believe in children



Barnardo's

Information for Older Children and Young people



What is Talk2?

Talk2 gives you a chance to talk to a trained person about something which is on your mind or is a problem for you.

Talking to your family and friends about how you feel can be helpful too, but sometimes it is easier and better to talk to someone who doesn't know you or your family.

Your counsellor will really listen to what you have to say without judging you - they will try and understand and help you to help yourself.

How can it help me?

You might feel better just from telling someone what is bothering you and from knowing that they've listened and understood. You might want to change something, sort out a problem or make a decision - a counsellor can work through this with you - without telling you what to do.

Where is Talk2 based?

Currently Talk2 is based at Winchester House in Sandown, but we offer counselling in all locations across the island. We will always try to set up your appointment in a location convenient to you.

**You're talking,
we're listening.**

What do people talk about?

Lots of different things - if it is important to you or making you unhappy, then it is a good reason to come to Talk2.

For instance, you may have problems where you live, or with your friends. You may be feeling depressed, anxious or confused, or thinking about hurting yourself. Maybe you are having problems with food, drugs, or alcohol. It is a long list... No matter what, we will give you the time to Talk2 us.

Sometimes people close to you might suggest you try the service because they are worried about you or something you do. Or your GP might recommend you come to see us.

Coming to Talk2 is voluntary, so only you can decide if it is the right thing for you. Lots of young people have said how much counselling has helped and it has made a real difference in their life. So why not give it a try?

You can contact us yourself if you'd like to come along and meet a counsellor to see if the service is right for you.

‘ My counsellor has helped me through hard times and has helped me sort out things in my life ’ Barnardo’s Service User



Will anyone else know what we talk about?

The Talk2 service is confidential, so your counsellor will not tell anyone else what you talk about with them, unless they have concerns about your safety, or someone else's.

At your first meeting your counsellor will explain and explore with you what confidentiality means.

It might be the first time you've talked to another person about your problem and the counsellor will understand this and help you feel more comfortable, but they will not force you to talk about anything you don't want to talk about.