

Counselling 8-10

Counselling is for young people that may be struggling with things in their life, like feeling sad, worried or lonely.

Everyone can feel like this sometimes, but if you feel like this most of the time then counselling might be a good choice for you.

You will be able to build a trusting relationship with a counsellor, who will help you to talk about your problems and feelings. They will help you learn how to manage your feelings in a helpful way

If you live in Oldham or go to school in Oldham you can come to counselling at:

Tameside, Oldham and Glossop Mind
Medtia Place
80 Union Street
Oldham
OL1 1DJ

We have counselling appointments available at different times of the week in Oldham, your drop in worker will ask for your availability at your drop in session.

You will have appointments at the same time each week and these can last up to 50 minutes. You will always see the same counsellor and you can have up to 8 sessions.

Your counsellor will talk to you to find out what's been going on in your life and help you to make sense of your experiences and feelings. The counsellor is trained to listen thoughtfully and carefully and will never judge or criticise you.

What you talk about with your counsellor will be private, unless we feel you or another person is in danger. We would always talk to you first, before sharing what you've said.

If you are under 13, you will need permission from your parent or guardian to come to counselling. They will need to bring you to the sessions but the sessions will just be you and the counsellor.

This is to make sure that someone knows you are getting help from us and helps us to keep you safe.

Early Intervention 8 - 10

Our Early Intervention Service is for young people who might be struggling to cope with their feelings or things that are happening in their lives.

We can all sometimes start to worry more, start feeling sad or upset more than usual, start feeling angry or just feel bad about ourselves; this can be because of an upsetting event in our lives or can happen for no reason at all.

Early Intervention helps you learn about what you may be thinking or feeling and teaches you skills to be able to cope better with how you feel or what you are thinking about.

To be able to attend Early Intervention you will need to speak to someone at a [Drop-in or Sort-it](#) session first.

Problem Solving 8 - 10

Our Problem Solving Service is for young people who need help to deal with a problem or issue in their life.

Sometimes when we are trying to cope with lots of things in our lives it can be difficult to be able to know what to do or how to deal with problems.

Our Problem Solving Service will help you find different ways to deal with your problem and learn how to cope with it better or even solve it.

To be able to attend the Problem Solving Service you will need to speak to someone at a [Drop-in or Sort-it](#) session first.

Groups & Activities 8 - 10

We have lots of different groups and activities that young people can access to help them feel better, learn something new or just to have fun.

[It's also a great chance to make some new friends!](#)

We offer arts & crafts sessions, cooking workshops, building with Lego sessions and loads more to choose from.

If you would like to get involved in one of our groups or activities please see below for more information.

Young Peoples Courses 8 - 10

Young people's courses can help you learn more about something you are struggling with and learn ways to cope better, whilst being able to talk to other young people your age who might be struggling too.

Sometimes it is good to know that you are not alone in what you are going through; our courses help young people to learn ways to cope with different issues with other young people who may be going through the same things.

We have courses to help with things such as:

- [Managing Anger](#)
- [Dealing with Anxiety and Worries](#)
- [Building Confidence](#)
- [Building Resilience](#)
- [Help with friendships](#)

All courses are delivered with young people of similar ages to help everyone feel comfortable and safe.