

## FAQ

### WHERE CAN I BE SEEN?

YCT offers counselling at various locations in West Essex and across Hertfordshire.

### HOW OLD DO I HAVE TO BE?

The service provided by YCT is for young people between the ages of 5-25 years in West Essex and between the ages of 11-19 years in Hertfordshire.

### HOW LONG DO SESSIONS LAST?

The sessions will be for one hour weekly and at the same time each week. Depending on your age and situation sessions will be offered for between 8 and 20 weeks.

### HOW TO ACCESS

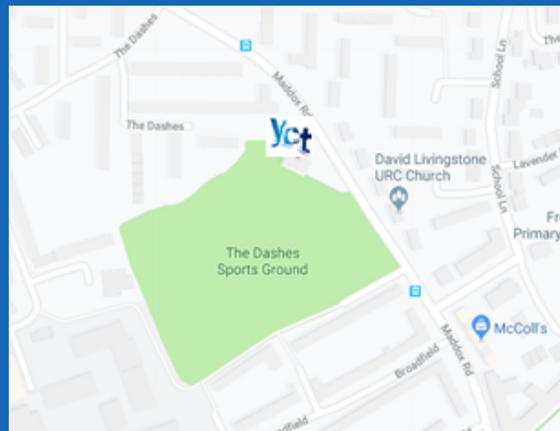
To make an appointment or to find out more about the range of services provided by YCT please contact us in the YCT office.



## HOW TO FIND US

Our main office is based at:

YCT HOUSE  
MADDOX ROAD  
HARLOW  
ESSEX  
CM20 3GA



YCT Community Services are free but we welcome donations as we are a charity

[www.yctsupport.com](http://www.yctsupport.com)



Counselling and  
Therapeutic Services for  
Children and Young People



[admin@yctsupport.com](mailto:admin@yctsupport.com)



01279 414090

**bacp** | Accredited  
Service

Registered Charity Number: 298984

## WHO ARE WE?

YCT are a charity providing a range of therapeutic services for children and young people in West Essex and East, Mid and North Hertfordshire.

## COUNSELLING

Counselling is talking to someone who listens and supports you to find ways forward which are right for you. It is an opportunity to talk to a professional about issues you might be finding difficult to cope with, express or understand, including:

- Depression
- Self-harm
- Bereavement
- Parental separation
- Bullying
- Friendship issues
- Anxiety
- Anger issues
- Eating problems
- Pregnancy
- Drug / alcohol issues
- Physical / sexual abuse
- Domestic violence
- Family breakdown

## MENTORING

YCT are able to offer a mentoring service for young people aged between 11-25 in Harlow. Mentoring involves the young person meeting with their mentor in a public place, such as a café or park, for an hour each week. This provides the opportunity for them to talk about anything they wish to discuss and the mentor is able to share their own experiences and learning. Meetings with mentors typically continue for three to six months. Referrals need to be made by a professional such as school teacher, youth worker or counsellor.

## SYSTEMIC FAMILY THERAPY

Systemic therapy is available for family groups (parents and children, couples, siblings) and explores different family member's strengths and how these can be used to overcome difficulties within the family. It also looks at how people see their problems and finds if there are other ways to look at things. YCT are only able to provide Systemic Family Therapy on a limited basis. Please contact us for more information.

## GROUP WORK

Groups can be a great way to connect with others and explore shared difficulties with those who have experienced similar problems. Groups can sometimes lead to the formation of new friendships and give a sense of support and understanding to people who may be feeling isolated and alone. Our groups have focused on anxiety, self-esteem, and therapeutic creative sessions.

Please contact us for up to date information on available groups.

## WHAT OUR CLIENTS SAY

"YCT is a great service that has helped me to end my problems. I struggled for closure and YCT helped me to do that"

"Without YCT I would have felt very stressed and unable to cope"

"YCT is a safe place where I can say how I feel"