

Is there something on your mind?

Would you like to talk to someone who can help?

Does your friend have a problem?
Would it help if they could talk it through with someone trained to listen and help them?

Why not try the Folláine Youth Counselling Service.

CALL OR TEXT: 085 2780307



Carlow Regional Youth Service
Youth Work Ireland

"We work to empower young people to achieve their potential through quality youth work."

CRYS Services

- Social & Personal Development Programmes
- Health Promotion Programmes
- Gaming Programmes
- Youth Leadership Training
- Summer Programmes
- LGBTI+ Youth Work
- Digital Youth Work
- Outreach Youth Work
- Music Programmes
- Inclusive Youth Work
- Friends Resilience
- Afterschool Programme 8-12 yrs
- Sports Participation Programmes
- Drop-In/Youth Café 12-18 yrs
- Supporting Adults to Train/ Upskill Programmes
- Youth Diversion Work
- One-to-One Support
- Counselling Service
- Community-based Drugs Initiative



Carlow Regional Youth Service

Montgomery House, Athy Road, Carlow, R93 KD52

Folláine appointments: 085 2780307

www.carlowrys.com

Folláine Youth Counselling Service



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FOR A CONFIDENTIAL APPOINTMENT



Carlow Regional Youth Service
Youth Work Ireland

TÚSLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

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WISE EYES
CREATIVE

Folláine Youth Counselling Service

What can you expect from counselling?

The Folláine Youth Counselling Service offers young people support from professionals who deal with issues such as:

- We talk about counselling to see if it's for you
- It's safe and private
- You can talk about what is going on in your life, and say as much or as little as you like
- You can decide how many sessions you wish to attend
- You can state your preference for a male or female counsellor
- We ask for reasonable donation for each counselling session
- Going to counselling often means you have taken the first steps on the road to better things
- If under 18 years, consent is required from parents or guardian to attend counselling

Carlow Regional Youth Service provides a confidential one-to-one counselling service for young people from 12-18 years to help them come to terms with problems in their lives.

Throughout their teenage years and into adulthood, young people are regularly presented with problems and questions to which there are no easy answers. In many cases young people will be able to seek help from their family and friends. In other cases, because of the nature of the problem, this may not be possible.

This is where **Folláine Youth Counselling Service** can help.

- Communication difficulties
- Relationship difficulties
- Problems resulting from marital breakdown, separation or divorce
- Anxiety
- Depression
- Physical and sexual abuse
- Problems resulting from alcohol or drug abuse
- Bereavement
- Difficulties at home or in school
- Developmental issues

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