

Adolescents and young adults

I have lots of experience of working with teenagers and young adults. Besides counselling I have also worked with this age group in other areas, such as fitness and youth facilities.

I'm very familiar with many of the issues that can arise during these stages of development, which may require a delicate and non-judgemental approach.

This period of change and growth can be a very difficult and vulnerable time for young people. My experience and knowledge in this area may give teenagers and young adults the opportunity to talk about their issues safely and confidentially to someone who understands.

Some of the common client issues that I have worked with in this age group are:

Self-harm

Eating disorders

Dislike of body Image

Lack of self esteem

Bullying

Pressures at school/college/work

Family problems

Relationships and sex

I have put some links in the list above, which you may find helpful.

You can email or call me if you need more information about the counselling I provide. We could also discuss a time for you to come to The Counselling Barn for an initial consultation if that's what you choose to do.

If you are under 18 it may give you peace of mind to know that I have been fully CRB checked, as I also do counselling work within a secondary school.