

**One client said:**

"CrossReach has helped as the lady listens to my worries and helps me to know what to do when I feel bad."

**About us**

At CrossReach we believe that with the right support Scotland's children, young people and families can thrive and succeed.

We have been at the forefront of high quality care for 150 years and today we are one of the largest care providers in Scotland.

CrossReach is the operating name of the Church of Scotland Social Care Council.

**CrossReach Counselling**

Regional Offices  
Cameron House  
Culduthel Road  
Inverness  
IV2 4YG

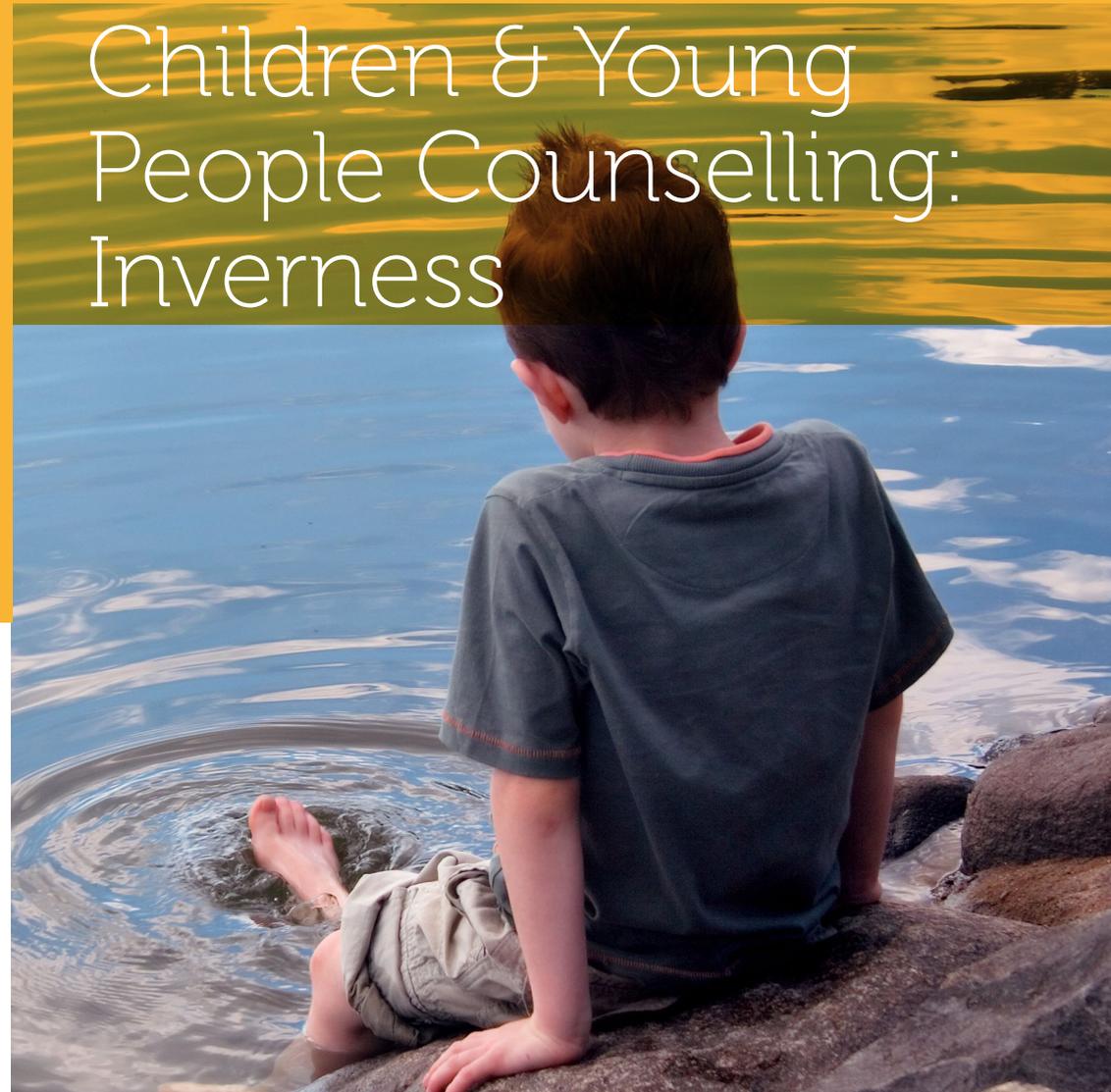
Tel: 01463 718069  
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[crossreach.org.uk](http://crossreach.org.uk)  

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**CrossReach Counselling**

# Children & Young People Counselling: Inverness



The Church of Scotland  
Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353

# Providing a Confidential Space

## What is counselling?

Counselling provides a confidential space to explore difficult feelings or experiences through talking, play or making artwork.

### Counselling can help you to:

- Express difficult thoughts or feelings
- Explore what's worrying you
- Make sense of your experience
- Help you to make choice
- Learn more about yourself
- Have fun!

## We help with issues such as:

- Family breakdown
- Relationship difficulties
- Abuse
- Bullying
- Bereavement and loss
- Low self-esteem
- Self-harm
- Overwhelmed or worried about feelings of sadness, anxiety or anger

## Who can make a referral?

Parents, guardians, teachers, GPs and Social Workers. It is important that the young person wants to attend. Young people can also self-refer. An initial assessment meeting will then be arranged.

## Is there a cost?

We have no fixed charges, but ask for a weekly donation towards the service you receive. No one is turned away through inability to pay.

If you are a UK tax payer please complete a Gift Aid Form and the Inland Revenue will give us an extra 25p for every £1 donated.

### Contact us:

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Tel: 01463 718069

Email: [inverness.counselling@crossreach.org.uk](mailto:inverness.counselling@crossreach.org.uk)

### Call us to make an appointment:

Appointments are weekly and last up to 60 minutes. The day and time of your appointment will normally remain constant throughout the period of your counselling.

