

One client said:

"Counselling helped me open up more easily, something I had previously struggled with - I had never liked talking about my issues with people before."

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  

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CrossReach Counselling

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 gives you a safe place to talk things through. Your counsellor won't tell you what to do. They help you try and work things out. You can talk about what is important to you.

Why would I need counselling?

There are times when we all find life difficult. Sometimes things happen that we can struggle to cope with. Other times we just don't know why we feel upset, anxious or feel bad about ourselves.

Some reasons young people come to counselling are:

- Abuse
- Bullying
- Difficulties with food and eating
- Family problems
- Feeling sad or anxious
- Feeling worried all the time
- Feeling bad about yourself
- Low self-esteem, lack of confidence
- Problems at school
- Self-harm
- Sexuality
- Someone close has died or left
- Worry over exams or the future
- Worries about home

Is counselling confidential?

What you choose to talk about is private and confidential, unless there are worries about your or another person's safety. Your counsellor will talk more about this when you meet.

What happens at the first appointment?

The counsellor will get to know you a little. You will both talk about how counselling might help and what might be bothering you. Your counsellor will also tell you more about confidentiality.

Contact us:

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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.

