



# Counselling services for children, young people and families

# How we help

The Family Counselling Trust (FCT) is a registered charity offering counselling to families with a child or adolescent who is experiencing mental health issues. Our aim is to provide appropriate psychological support at an early stage to families of limited means who would otherwise not receive such a service.



## Who we can help

We are here to help children & young people (up to age 18) who are experiencing:

- Mild depression • Anxiety & obsessional behaviour • Early concerns about body image, eating & weight which are interfering with functioning • Challenging behaviour & difficulty regulating emotions • Being bullied, bullying others & peer group difficulties • School refusal or non-attendance • Problems arising from bereavement, family break up, loss or upheaval
- Family communication & relationship issues • Mild self-harm • Minor issues with substance misuse • Emotional & behaviour problems arising from physical illness or disability



In Dorset, Hampshire, Somerset & Wiltshire



We are an early intervention service offering support before challenges become severe. If your child is experiencing severe mental health issues which require specialist help, please contact your GP for Child & Young People's Mental Health Services

[www.familycounsellingtrust.org](http://www.familycounsellingtrust.org)



# How does it work?

We accept referrals directly from families/parents/young people or through schools, GPs, children's centres, and other charities.

Don't forget to look at 'who we can help' on the previous page to check you fit our criteria

- 1** You or your teacher/doctor fill in & send us a referral form. You can get a form by visiting the website or contacting the family liaison officer in your area (back page).
- 2** We review your case with our panel of mental health professionals & decide if your needs are appropriate for our services.
- 3** We send you a letter (1-2 weeks from receiving your form) offering your family/child a course of counselling (usually 6 weeks).

Our therapies include:



Family therapy



Art therapy



Cognitive behaviour therapy

# Let's talk

Whether you're a parent, carer, young person or professional who works with young people, you can find your local FCT team's contact details below. Our family liaison officers will be happy to hear from you:

## FCT DORSET



flo-dorset@familycounsellingtrust.org



07772 101649

## FCT HAMPSHIRE



flo-hampshire@familycounsellingtrust.org



07538 029210

## FCT SOMERSET



flo-somerset@familycounsellingtrust.org



07513 808849

## FCT WILTSHIRE



flo-wiltshire@familycounsellingtrust.org



07375 535407

## Can you help support our work?

To meet increasing demand, FCT has to fundraise continually & we need your help!

If you would like to support us in any way as a Friend, Donor, Volunteer, Partner or Funder please visit:

[www.familycounsellingtrust.org/donate](http://www.familycounsellingtrust.org/donate)



“

“Having someone listen to my fears, worries & anxieties without judgement has been really helpful.”

- Young Person

General enquiries: [info@familycounsellingtrust.org](mailto:info@familycounsellingtrust.org)

Registered charity number: 1112739. Registered Company: 5496551

Registered address: 5 Cedar Road, Charlton Down, Dorchester, Dorset DT2 9UL

[www.familycounsellingtrust.org](http://www.familycounsellingtrust.org)