

Things our clients have said:

"Thanks for helping me. I feel better and not so sad"

"I am now learning to deal with things in my own way"

"I think its been great at counselling it's helped me and my family"

"I was sad. But now I am happy"

## Our Offices

### Younger Mind - Staffordshire

78 King Street  
Newcastle-under-Lyme  
Staffordshire  
ST5 1JB

T 01782 618803  
F 01782 621351

E [youngermindnewcastle@nsmind.org.uk](mailto:youngermindnewcastle@nsmind.org.uk)

### Younger Mind - Stoke-on-Trent

83 Marsh Street  
Hanley  
Stoke-on-Trent  
ST1 5HN

T 01782 262100  
F 01782 262212

E [youngermind@nsmind.org.uk](mailto:youngermind@nsmind.org.uk)

### Younger Mind - Stafford & District

17 Eastgate Street  
Stafford  
ST16 2LZ

T 01785 283440  
F 01782 621351

E [youngermindstafford@nsmind.org.uk](mailto:youngermindstafford@nsmind.org.uk)



# Younger Mind

## Emotional Support for Children 10 Years of age and under



The Younger Mind 'Jigsaw' was designed by pupils of St Edwards Junior High School, Leek.

Reg. Charity Number 700788 Company Limited by Guarantee Reg. in England 2294089



We're Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.



# North Staffs

## Who are we?

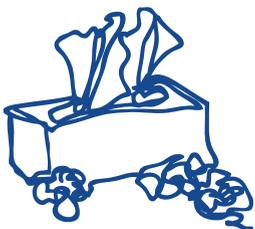
Younger Mind is a counselling service for children.

## What do we do?

We support children who are experiencing emotional distress

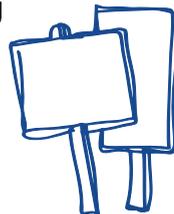
What might cause emotional distress?

- ◆ Family relationships
- ◆ Bullying
- ◆ Anger and frustration
- ◆ Someone being ill or who has died
- ◆ Any other experiences



## How do we support you?

- ★ One-to-one counselling
- ★ Group Work
- ★ Workshops
- ★ Consultancy
- ★ Ask, we may be able to support you in other ways.



## How do I get to see a counsellor?

- ★ Self referral - you can telephone us and discuss what you need.
- ★ Parents/Guardians - can telephone us to make an appointment for you.
- ★ Your GP or school nurse can make a referral.
- ★ Other agencies - can refer you to us.

In all cases it is necessary for you to know that you are being referred to our service and that you want to come to counselling.

Counselling can only help if you want to be there.

## What is confidentiality?

Counselling is normally confidential. That means we won't tell anyone else what you tell us.

But sometimes we may need to share some information. We will always explain to you if and when we may need to do this

