

If you need our help:

Call us: 01329 822331
Email: info@the-mop.org

Equal Opportunities

All children and young people have an equal right to use our project and an equal right to respect.

Confidentiality

We believe you have a right to privacy so we offer a confidential service.

Everything you tell us can remain confidential. This means we won't talk about any details you tell us to anyone outside of The Moving On Project unless there is a serious risk of harm to you or another person.

Have your say

We want to hear what you think about our service. If you are unhappy with the help you have received then please get in touch and ask for a complaints form. We want to hear what you think about how we are doing so we can offer the best service possible.

Where to find us:

The Moving On Project
X-Perience Youth Centre
Trinity Street
Fareham, PO16 7SJ

Counselling

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How you can get help
with...

Counselling

A free and confidential service
for children and young people
aged 11-25 who live in
Fareham or Gosport

www.the-mop.org

Tel: 01329 822331

What is counselling?

Counselling is an opportunity to talk to someone in confidence, about anything that is worrying you. This could be about home life, school, college, relationships or just about how you are feeling about yourself.

It is for when you have things going on in your life that you find hard to talk about with people who are close to you.

Counselling is an appointment with the same counsellor every week, who will listen to you and help you explore how you are feeling. You decide if you would like counselling. We will usually offer you counselling for 6 weeks.

Our trained counsellors are friendly and welcoming and won't make judgements about you or your problems. Your counsellor will never tell you what to do.

We will listen to you and ask you for feedback on how we are helping you, giving you the opportunity to tell us if we aren't getting it right.

We want to make sure our counselling service offers you help in the best way possible. If you want to change your counsellor for any reason, please tell us.

How to get counselling:

If you think counselling can help you, please get in touch.

Anyone can refer themselves to counselling by calling us on 01329 822331 or by emailing info@the-mop.org.

We will take some details from you and then arrange an initial assessment.

Your initial assessment will be with one of our trained counsellors and is a chance for you to tell us about why you need counselling.

Our counsellors are approachable, friendly and professional.

We will listen to you and talk with you about our counselling service so you can decide if it would help you.

We can also talk tell you about other services that might be able to help you.

If you want to refer a young person, you need to have their permission to do so.



Who can access the service?

We can offer appointment in both Fareham and Gosport for young people aged 11 – 25.

If you live outside the Fareham and Gosport boroughs, please see the links page at www.the-mop.org for other agencies that offer free counselling in Hampshire.

We are here to help you:

At the Moving on Project we provide help for young people aged 11 – 25, to improve their lives.

We offer free and confidential counselling about any problem that might be worrying you, such as:

- Feeling low or depressed
- Sexuality
- Relationships with friends/family
- Problems with drugs or alcohol
- Abuse
- Bereavement
- Difficulties at school/work/home
- Feeling stressed or anxious
- Making a difficult decision
- Self-harm
- Debt worries
- Anger management
- Loneliness or feeling isolated

Most people find it very helpful just to have been listened to and have their concerns taken seriously.