

FREE NHS ONLINE COUNSELLING FOR 12-18 YEAR OLDS IN EAST SUSSEX

East Sussex have an on-line counselling service for young people aged 12- 18 who live in East Sussex. It can be accessed by the email below:

hello@e-motion.org.uk

This service is commissioned by the Clinical Commissioning Groups in East Sussex and young people can self-refer.

What are the benefits of online counselling?

There are many reasons but here are some that young people have mentioned:

*"I didn't have to get a lift to the appointment"....."I could email when I wanted"....
... "I felt I had more control over things"..... "I found it helped reading back the
replies"... "I didn't have to explain where I was going"..... "I didn't want anyone to
know I was getting counselling"..... " I'm not sure if I would've opened up so much if
I was sitting with someone there"..... "I wanted to try some counselling"... " I just
needed someone to talk to during the holidays when I couldn't see my counsellor"*

How does it work?

When a young person gets in touch, they are linked with their own online counsellor who will support them by email. If another service is better for them then online counselling service will help the young people find more information and where to get help.

Once the counsellor is linked with the young person they will explain how email counselling works and how they can work together to help with the young person's concerns.

Will the counsellors tell anyone else what the young people might say?

What the young person says to their counsellor is confidential and they do not share anything with any other person or organisation. The only time they may need to speak to someone else is when they believe that a young person may be at risk of serious harm, but the counsellor will always talk their concerns through with the young person first.

Can young people have a one-off session with a counsellor or ask for advice or information?

Young people are welcome to email hello@e-motion.org.uk for information or a one-off session if they just want to check something out with a counsellor or ask a question. Or they can book a live instant messaging session and speak to a counsellor. For more information visit <https://www.e-motion.org.uk/resources/> or email at enquiries@e-motion.org.uk