



## Give us a call

Whatever your challenges we have highly qualified and experienced counsellors who can help. Sometimes, just making that initial call can make a big difference.

When you contact us we'll get you an initial appointment as soon as possible – here you will be able to meet a counsellor to discuss what you feel is the main reason for coming to us and to help you decide if counselling is the right way forward for you.

We'll then work with you and your availability to try and get you a regular, weekly, session with one of our counsellors. These sessions continue for as long as you and the counsellor feel it is useful.

We have a number of counselling locations across South West London – and we try to make it as easy as possible for you to access our services.

**All our work is strictly confidential we will not share your details or information with anyone unless we have reason to believe someone's personal safety is at risk.**

# Real Talk

Confidential counselling for young people

Children and Young people's counselling is free of charge to clients that live or study in the London boroughs of Kingston and Richmond thanks to funding from Achieving for Children.

**Clients living outside these boroughs will pay our standard fees, however you may be eligible to apply to our payment assistance scheme if your household is in receipt of benefits or on a low income.**

To find out more or to make an appointment call:

## 020 8940 8578

[www.real-talk.org.uk](http://www.real-talk.org.uk)

[real-talk@relatelondonsw.org](mailto:real-talk@relatelondonsw.org)

Real Talk is a confidential young people's counselling service provided by Relate London South West.

**relate**  
the relationship people  
RELATE LONDON SOUTH WEST

Registered Charity Number: 1080563

Registered Company Number: 03956184



# Real Talk

Confidential counselling for young people

We're sure you share our belief that all children and young people should have the chance to be happy and fulfil their potential. Unfortunately, there are many issues young people face that could stand in their way.

Growing up can be tough and there are lots of things at home or school that can make life difficult, so it can help to have someone to talk to. Whether it's coping with exam stress, parents splitting up, bullying or depression, we'll provide a safe space to talk.

---

**This specially designed service is intended to help those aged from 5 – 18 who may be:**

- Feeling torn between parents in conflict
  - Experiencing bullying
  - Having difficulty fitting in to a new step-family
  - Thinking that no-one is listening to them or has time to notice them
  - Finding it hard to make friends or build relationships with others
  - Having problems with teachers or employers
- 



---

Counsellors don't judge, but they do listen, and they can help make a real difference. Counselling is completely confidential and all meetings are held in quiet, private rooms either on site or in our offices. Counselling hours are normally timed to take place after school or college.

Relate counsellors for young people are highly trained and experienced in relationship counselling, and have chosen to undertake further training in order to work with young people. They are closely supervised and bound by the Code of Ethics and Practice of the British Association for Counselling and Psychotherapy.

---

To find out more or to make an appointment call:

**020 8940 8578**

[www.real-talk.org.uk](http://www.real-talk.org.uk)  
[real-talk@relatelondonsw.org](mailto:real-talk@relatelondonsw.org)

---

**“ When it is chaos at home I can find some peace and space to talk about what is worrying me**

**“ My counsellor understands how I feel**

**“ I need someone to listen to me, someone who isn't my teacher or my parent, someone who doesn't take sides**

**“ I don't want to burden my mum with my emotions when she is so upset**

**“ I am frightened about the future, where I will live and if we will have enough money. I am afraid that this is all my fault and now I can't put things right**

---

If you, or a young person you know or have responsibility for, whether as a parent, a social worker, a probation officer or a teaching professional, might need some time and space to explore and understand their problems with relationships, we can help.

A study of school-based counselling found that 90% of teachers said that it made a positive difference to students.