

Orkney Youth Counselling

Who are we?

We are an independent service that offers free one to one counselling to children and young people.

Our service is free and confidential.

Confidential means that what you tell your counsellor is told to no one else unless you ask for it to be shared.

But If you are at risk of harm or you are going to harm someone else your counsellor must pass this on. Together you can decide what to do.



6 Bridge Street Wynd
Kirkwall
KW15 1JD

Phone: 874738
Mobile: 07774086187
youthcounselling@oacas.org.uk



Youth Counselling

If you are a child or young person and you feel...

...angry

...sad

...stressed

...lonely

...bullied

or

...like no one listens

try talking
to a
Youth Counsellor

Tel: 874738

What is counselling?

Counselling is a conversation with someone who is trained to listen and to help you explore your thoughts and feelings.

What some young clients have said;

“it really sorted my life out”

“The counselling helped me talk about my problems and made it easier for me to cope.”

“Counselling helped me through a difficult time.”

What can we do to help?

One of our counsellors can see you during office hours or during the evening.

You can bring along a friend, parent or teacher for your first visit.

During your first visit, your counsellor will answer your questions and you can plan future sessions together.

To see a Youth Counsellor:

You can drop in, phone, text or email

Office hours are
9:30am to 5:00pm
Monday to Friday

Remember that you can always ask someone else to help you with the first step, like someone from your family, a friend or teacher, youth worker, GP, social worker.

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