

How to Refer:

The best way to refer to us is through our website and choosing the 'refer now' button to download a referral form.

Alternatively if you have an enquiry you can call or email us to talk to a member of the HYA administration team

Get in Touch:



enquiries@hampshireyouthaccess.org.uk



023 8214 7755



www.hampshireyouthaccess.org.uk



HYA, 35 The Avenue, Southampton
SO17 1XN

Find us on social media:



Equal Opportunities

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

Consent and Confidentiality

The HYA service is confidential.

This means that everything you tell us will remain confidential, unless there is a serious risk of harm to you, or another person.

We will work with family and professionals to ensure everyone understands this.

If we do need to share information we will explain why, when and how this will happen.

We will seek consent to work with children and young people under the age of 13.

How are we doing?

We want to hear what you think so we can give you the best service possible. Please let us know what we are doing well and how we could improve. You will be asked to give feedback by your worker, please take the opportunity to do so.



**Free and confidential
counselling for
young people aged
11-17 across
Hampshire**

- **Face-to-face**
- **Online counselling**
- **Therapeutic groups**
- **Advice and resources available online and face-to-face**

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Who we help:

If you are aged between 11 and 17 and experiencing emotional wellbeing and/or mental health difficulties then HYA can support you.

We can help you with any problem that may be worrying you, such as:

- Low mood
- Feelings of stress or anxiety
- Low self-esteem
- Anger issues
- Self-harm
- Family and relationship issues
- Bereavement
- Bullying
- Sexuality
- Problems with drugs or alcohol
- Difficulties at school/college



All of our counsellors are experienced, qualified counsellors and adhere to BACP guidelines.

Our partners are:



Albare



Youth in Romsey



It's Your Choice



No Limits



Eastleigh Youth Counselling



Winchester Youth Counselling



The Moving on Project



Off the Record



YPI Counselling

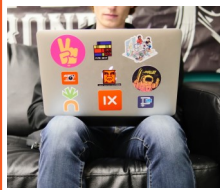


121 Youth Counselling



Step by Step

What we do:



On line counselling

If you are aged between 14 and 17 years old and are registered with a GP in Hampshire you can register with us for online counselling.

You will be offered 6 sessions of live chat counselling with a qualified online counsellor on a safe and secure counselling platform. Your session will be at the same time with the same counsellor each week.

Face to face counselling

1:1 counselling with our partners. Counsellors work face to face with young people aged 11-17. You will receive 6 weeks of counselling and will meet the same counsellor at the same location and time each week.



Therapeutic groups

Working in small groups within schools and community spaces our group counsellors will support young people with emotional wellbeing issues.

This includes issues such as managing stress, anger/mood management and anxiety.

Who we are:

Hampshire Youth Access (HYA) is a partnership of 11 leading agencies providing information, advice, counselling and support to children and young people aged 5-17 across Hampshire, we also give advice and information to anyone concerned about a child or young person's emotional wellbeing.

By working in partnership we are able to share best practice and work together to improve the quality of, and access to, advice and support to young people.

Where our partners are:

