



It can sometimes feel scary to talk about your feelings or difficult experiences with someone else, and that's okay.

To make a referral, or for advice and information, you can visit us online, email, or call on **0330 363 0063**

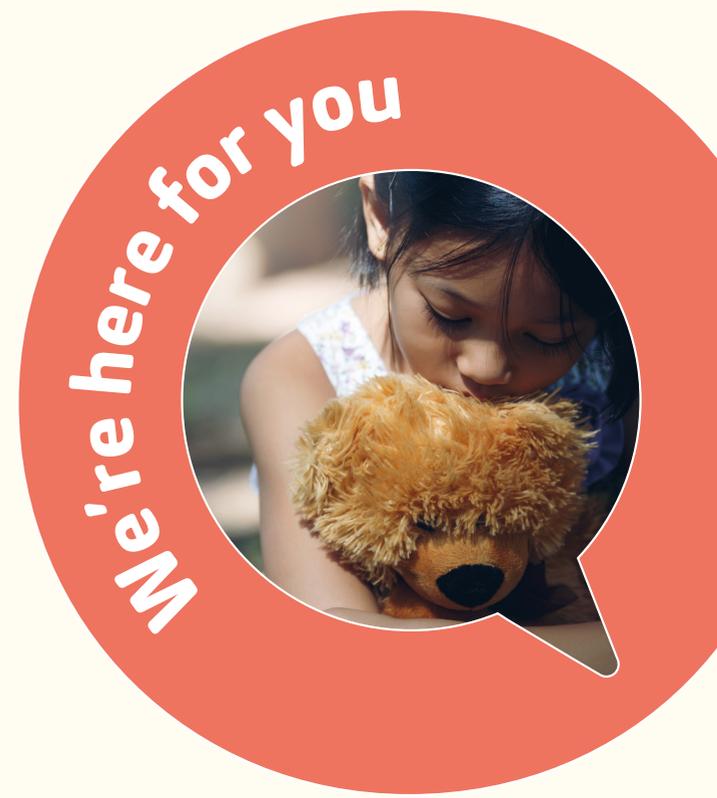
[www.rapecentre.org.uk](http://www.rapecentre.org.uk)  
[support@rapecentre.org.uk](mailto:support@rapecentre.org.uk)

- @RapeSupport
- @RapeSupport
- @rasasc\_cm

**Complaints:**  
If you are unhappy with any part of the service, please try to address this with the worker first. If this is not possible, you can speak to the Therapy Services Director or write to us at RASASC, P.O Box 35, Warrington, WA1 1DW.



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# Therapy Information for Children

RASASC children and young people therapy service



for adults, children and young people in Cheshire and Merseyside

It's normal to have lots of different feelings...

**There may be times when you don't know why you are feeling a certain way, or times when these feelings get too much or won't go away.**

### **How can therapy help?**

Your counsellor will provide a safe and friendly place for you to talk about what has happened to you and any difficult feelings that you may be having. They are also there to help you to learn ways of coping for whenever these feelings get too much.

### **How will the counsellor support me?**

Your counsellor will get to know you and they are there to listen to you. It can sometimes feel scary to talk about your feelings or difficult experiences with someone else, and that's okay. Your counsellor will have lots of ideas to help make it a bit easier. These might include drawing, painting and games. You can decide what you would like to try in these sessions.

### **Who else will my counsellor talk to?**

As well as meeting with you each week, your counsellor will also meet with your parent/carer so that they can understand how you are feeling and what might help you to feel calmer when struggling with your feelings at home.

There may be times when you meet with both your counsellor and parent/carer at the same time. This can be a great time to show off any paintings or drawings you have made with your counsellor if you wanted to!

A close-up photograph of a hand holding a yellow paintbrush, poised to paint on a blue surface. The hand is wearing a light green knitted sleeve. In the foreground, a white watercolor palette with various colored wells (red, green, blue, purple) is visible. The background is filled with colorful paintbrushes and paint containers, creating a vibrant and artistic atmosphere.

**Your counsellor at RASASC can help you at times like these.**