



## Will anyone else know what my child talks about?

The Talk2 service is confidential so the counsellor will not tell anyone else what your child talks to them about unless they have concerns about your child's safety or the safety of someone else.

Older children and young people may be competent to make their own decisions about the service they receive from Talk2. In this case counsellors will not be able to talk to you about your child's sessions without their consent.

At the first meeting your child's counsellor will explain and explore with you and/or your child what confidentiality means.

## Contact details

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## I think my child would benefit from talking to a counsellor - what can I do?

Your child's doctor or other health professional can refer your child to Talk2 for up to six sessions with a counsellor.

Alternatively you or your child can contact us directly. You can then meet twice with a counsellor to see if Talk2 is right for your child

## Believe in children



**Barnardo's**

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In partnership with

  
**Isle of Wight**

## Talk2 Counselling Service for Children and Young People

Believe in children



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Information for  
Parents and Carers



## What is Talk2

Talk2 is a child and adolescent counselling service. Talk2 supports children to enjoy positive emotional health.

We all want our children to be happy and have good emotional health and wellbeing. When our children are emotionally healthy they can:

- start and keep up positive and rewarding relationships with family and friends
- recognise, understand, and appropriately express, the range of emotions they are feeling
- enjoy their own company
- cope with problems and learn from them
- play and learn

Sadly as many as one in ten children do not enjoy good emotional health and wellbeing and that is when Talk2 can help.



## What Talk2 does

Talk2 offers children and young people the chance to explore emotional difficulties with specially trained and qualified counselling therapists. Talk 2 offers different age appropriate approaches:

### **Counselling - for older children and young people**

Talk2 gives your child the chance to talk to a trained counsellor about anything that is bothering them. They might feel better just by talking about their issues and knowing they have been listened to and understood. They might want to change something, sort out a problem or make a decision - a counsellor can work through this with them - without telling them what to do.

### **Play based counselling - for younger children and parents (if appropriate)**

Younger children often don't have the language or understanding to be able to express their feelings and talk about upsetting events. At Talk2 your child can use a wide range of play and art activities to express how they are feeling with specially trained play therapists. This can help your child to make sense of their experiences and emotions and reduce their levels of anxiety. The benefits of this approach for your child can include increased self esteem and confidence and a reduction in troubling behaviours.



### **Who is the Talk2 service for?**

Talk2 can support children aged 0-19. Older children and young people can choose to attend sessions on their own or bring someone along to support them. Younger children will usually be seen alongside their parents.

Talk 2 can support children and young people who are experiencing:

- low mood and/or mild depression
- symptoms of anxiety or excessive worry
- difficulties separating from care givers
- problems with friendships and social interaction
- problems at school
- responses to traumatic events

In addition Talk2 can offer a safe and non-threatening space for children and young people to just Talk2 someone about anything that is worrying them.