



Community
Counselling

Children and Young People's Counselling Service **IN RYEDALE**

**Starting in
July 2025**

The Children and Young People's Counselling Service is a free service for 7 to 17 year-olds living in Ryedale. It offers professional counselling, play and creative art therapy for individuals who are experiencing a range of issues.

The project will begin in July 2025. Clients will be offered an initial assessment, conducted by a qualified children's counsellor, to ensure that we are the appropriate service followed by a minimum of 10 counselling sessions. Sessions will primarily be held face-to-face at Stanley Harrison House in Malton. Where appropriate to the individual, we may offer clients remote counselling (online or over the telephone).

Sessions may be offered with qualified counsellors who are now training to work with children and young people on placement. Our counsellors training to work with children and young people are undertaking approved training courses and have completed a minimum of 150 client hours with adults. They have also undergone a rigorous recruitment process (including enhanced DBS checks) before being offered a placement at Community Counselling. Counsellors training to work with children and young people are fully supported by experienced children's counsellors.

Suitable Referrals

The service is available to clients who:

- score below 20 on the YP-CORE^[1] monitoring tool
- are aged 7-17 years
- are not receiving therapy elsewhere
- have been told they are not suitable for CAMHS



Suitable Presenting Issues^[2] include:

- Anger
- Bullying
- Mild to moderate Anxiety / Stress
- Bereavement and other types of loss
- Low self-esteem / negative self-image / feelings of being different
- Personal development
- Mild to moderate depression
- Relationship difficulties
- Sexuality
- Significant life changes
- School-related issues

We are not able to work with:

- Clients already accessing support through CAHMS
- Domestic abuse or sexual violence – for support please visit our Victims Counselling Service (details below)
- Adopted children
- Psychosis
- Personality disorder
- Severe self-harm
- Substance/alcohol abuse
- Sex addiction/psychosexual problems
- Transitioning counselling
- All eating disorders
- Complex PTSD
- Children of a low cognitive ability (counsellor can assess this, as psychological contact between child and counsellor must be present)



[1] Young People - Client Outcomes in Routine Evaluation

[2] Please note that this is not an exhaustive list.

Important information

1. Does the individual (and their parent/carer) understand what counselling is? The '[What is Counselling?](#)' page on our website provides information for [parents/carers](#) and [CYP](#) about the benefits of counselling.
2. Has the clients' parent/carer given consent for them to receive counselling?
3. Is the individual ready to access counselling?
4. Are they self-motivated? Client motivation is key for treatment effectiveness.
5. Is the individual prepared to do the work themselves, rather than expect others to do things for them? Counselling is a collaborative process.
6. Are they able to tolerate the emotional distress that counselling might release? Initially, clients start to feel worse before they begin to feel better.

How to refer

Self-referrals can be accepted where the age or Gillick competency of the young person is suitable. Otherwise, referrals can be made by a parent/carer, school, Early Help, GPs and children and young persons' services. All referrals can be made using our Children and Young People referral form on our website or by telephone. In all cases we will need GP, School and emergency contact details.

[Click here for a referral form](#)

Signposting for other support

Client aged 18-25?

Please visit our [Young Adults Counselling Service page](#) for more information and details of how to refer to this service based in Malton.

Victim of Crime – including sexual abuse and domestic violence

Is the individual a victim of crime? They might be eligible for help and support, including up to 10 counselling sessions from CCL, via the Supporting Victims service. Victims can self-refer or be referred by any statutory or voluntary agency by calling 01609 643 100 or visiting the website: www.supportingvictims.org

North Yorkshire Council

Please visit [Children and young people's mental health | North Yorkshire Council](#) for a comprehensive list of support avenues in North Yorkshire

Contact us

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Norton Road, Malton, YO17 9RD
Email: info@community-counselling.org.uk
Website: www.community-counselling.org.uk
Telephone: [01653 690124](tel:01653690124)

[Click here for a referral form](#)