



## **What happens next?**

You've had your counselling assessment at No Limits. Here is some information on what happens next – what we will do and what we would like you to do.

You can talk to the counselling team or a member of the drop-in team about this at any point if you have questions.

### **If we (you and the assessor) feel counselling is right for you:**

1. We will allocate you a counsellor at your preferred time and location as soon as we are able to.
2. If anything changes for you – this may be your availability, your contact details, whether you still want counselling – please let us know. It's very difficult to offer a slot to you if we can't get hold of you or if you're no longer available when we thought you were. You can contact us and speak to someone or leave a message on 02380 224 224. Press Option 3.

### **Why do I have to wait for so long?**

At No Limits we have a counselling waiting list; this has all the young people who have had a counselling assessment and are waiting for regular counselling slots on it. Some counselling slots are very popular e.g. late afternoon and evening appointments which are after school or when people have finished work. If you would like one of these slots, the wait may be considerably longer than if you're able to come in the morning, for example. The more availability you can give us, the easier it is for us to offer you a slot.

Our waiting times can sometimes be very long – please be prepared to wait.

We do not prioritise young people into our service – everyone is given the same opportunity to access counselling.

If you are in a position to pay for your counselling, you may wish to explore some alternative options – the BACP is a good place to start ([www.bacp.co.uk](http://www.bacp.co.uk)). We don't recommend particular counsellors but you can find lists of suitably qualified counsellors here - <http://www.itsgoodtotalk.org.uk/therapists/>

If you live in a different part of the county you may wish to look for a service closer to you – this information can be found on the No Limits website.

### **What can I do while I wait for counselling?**

You are welcome to come to our drop-ins or access some of our therapeutic groups while you wait for a regular counselling appointment. Please speak to our workers or call us on 02380 224 224, or visit our website [www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk) to find out what is available.

### **What should I do if I feel worse?**

Sometimes, just talking to someone you trust and like is helpful. This could be a friend, a parent or carer, perhaps a teacher or a colleague. It may be that they can support you.

If you feel that things are getting worse for you in terms of your emotional wellbeing / mental health, we would like you to go to your GP. They are best placed to help you quickly.

Sometimes this will feel frustrating as you will feel that you have waited long enough already. It can be difficult waiting for a regular counselling slot but please rest assured that we will offer you a slot as soon as one becomes available.

**Do remember that No Limits does not offer an emergency service. If you need help immediately you can call The Samaritans 24 hours a day on 08457 909090. If your life is in immediate danger please go to A&E.**

### **When you are offered a slot**

Please let us know immediately whether or not you are able to attend your regular slot. We cannot hold slots open indefinitely and it helps us if you can let us know what you would like to do.

### **If we (you and the assessor) feel counselling isn't right for you:**

1. We will explain why – and you will have made that decision together with your assessor.
2. We will give you information about other options open to you possibly including some outside No Limits.
3. Sometimes we may see young people who need more help than we can offer because their mental health needs are too high for our service. Depending on your age, we will ask your permission to refer you to CAMHS, or to another service if you are an adult.
4. Sometimes you may have practical worries e.g. nowhere to live, which need sorting out before you are able to focus on your counselling. We will always encourage you to sort these out first.
5. Sometimes you don't actually want counselling – you tell us this but feel you have to come because somebody else thinks it's the right thing for you. If you don't want to do it – it's probably not the best thing for you and won't have the desired outcomes. You can always change your mind.

If anything changes for you after your assessment and you feel you need to come for counselling, please contact us. You can call us and speak to someone or leave a message on 02380 224 224. Press Option 3.

If your assessment was fairly recent you will probably be able to go on our waiting list straight away.

If your assessment was longer than 3-6 months ago depending on your circumstance, you will have to be reassessed as things do change.

**If there is anything in this information that you do not understand or want to know more about, you can speak to anyone in the No Limits team who can help to explain it.**