

## **Suffolk Young People's Health Project (4YP)**

**Funded: £1,990 August 2012**

The contribution of funding enabled 4YP to provide a counselling service to 25 young people. The young people have on average received a total of 6 to 8 sessions each. In total 114 sessions were provided. The young people were all aged between 12 and 25 years old.

The counselling sessions that were provided consisted of a weekly one to one session with a trained and experienced young person's counsellor. The sessions provided an opportunity for the young person to talk through their feelings and emotions in a safe and non-judgemental environment where they could say or express what they wanted to, working through and finding solutions to their distress.

### **Benefits**

The benefit of counselling has been extensive and had provided the young people with the opportunity to talk through the impact/negative effect of: anger issues, family difficulties, self-harm, depression, low self-esteem, confidence issues, stress, anxiety, abuse and bullying in their lives. This counselling has enabled them to feel listened to, develop coping strategies on how to manage and appropriately express their thoughts and feelings, and to become better equipped through an increase in their confidence and self-esteem. Additionally they feel they can take steps in their lives to be more resilient, content and active in their own communities/school/work/family. This all ultimately results in an improved emotional health and wellbeing and helps prevent further or more acute mental health issues.

### **Feedback from Beneficiaries**

*"Could not have got through my revision and exams without being able to express myself to my counsellor."*

*"It was a big help from my concerns to help me with issues in my life so I'm very happy about that. If I ever need counselling again – I know where to go."*

*"Thank you for giving me the chance to use these sessions."*

*"The last 7 weeks have really helped me and I am glad I had this chance, it has really changed my life. Thanks!!"*

*"I'm much more confident now."*

*"If it wasn't for (counsellor) I would be in a very vulnerable place. Thank you."*

*"I felt very relaxed and able to talk about my issues. Also it was helpful that I was reminded each week about my sessions."*

Inspiring local giving • Meeting local needs



Photo: Trustees, Staff, Volunteers and Young People with 4YP Community Champions