

Young people currently experiencing emotional distress and / or behavioural problems as a result of

- *Bullying*
- *Social and peer pressure,*
- *Family tensions, bereavement*
- *Difficulties with normal development issues*
- *Violence*
- *Trauma*

Can result in a change in their behaviour that is challenging

It can create low self-esteem, isolation and lack in social skills?

Could one to one or group counselling be an option?

One-2-one & Group Counselling Support

Assists the client:

- To focus
- Explores Problems
- Works through feelings of inner conflict
- Improves relationships with other's
- Gaining a better understanding of themselves and situations
- *Develop strategies to manage change*

Sev Necati is a qualified professional complimentary practitioner with many years of experience and knowledge of working with children, young people & adults...

Areas of work undertaken include:

Bereavement, Anger, Behavioural, Abuse, Low Self-Esteem & Confidence, Under Achieving in School, Neglect, Family Breakdown, Adoption, Domestic Violence, Depression, Anxiety, Bullying, Gangs, Crime, Trauma, Self Harm, Special Needs..

To find out more contact:

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Counselling in Schools

Supporting: emotional balance of young people who may be experiencing mental and physical distress...



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