



The Ladder Group

We rise by lifting others.

www.theladdergroup.net

Robert G. Ingersoll (1833–1899)

Here's what a young person needs to know

It's perfectly normal to feel nervous. Let's be honest, you're about to talk to someone new for the first time about personal stuff that you might not quite understand yourself yet. Our staff are trained to put you at ease and build a relationship with you, at your speed. So, don't hesitate to ask them questions when you arrive that might help reassure you. This is your time and you're in charge.

Our staff won't think you're silly. You are unique. However, most problems are more common than you might think. Just because none of your friends seem to be troubled with whatever you are, it doesn't mean they aren't. Our staff don't see your anxieties as silly or trivial but will guide you to understanding your thoughts, feeling and worries in way that allows you to manage yourself forward to a more whole and real you. Nothing will surprise or shock them!

Don't be embarrassed. Many people feel too embarrassed to ask for help because they feel they should be able to manage their problems on their own. It takes a lot of strength to see that you don't have all the answers and it takes a brave person to ask for a bit of extra help.

Getting a bit upset is fine. Most people feel uncomfortable or embarrassed about getting upset? Some people think that sharing or showing their feelings is not acceptable or shameful? In your sessions we will help you understand, express and manage your emotions as opposed to bottling them up and being overwhelmed by them.

Our staff won't be judging you. It takes a lot of honesty to recognise something is constantly worrying you, then courage to ask for help. To your counsellor, you are someone who is brave and willing to try a new way of overcoming their difficulties and they are never there to judge you.

We can only help you with your permission. You will need to have the courage to talk about things that are causing any worry or upset, and then explore around them, and that will be new and difficult at times. No one can make you share or do anything against your will and we can only help you if you feel safe, calm and able to talk with us. It's our job to create a safe, confidential environment and opportunity for you.

It's really important that you feel we understand you and fit with how you like to work. After a few sessions hopefully you'll begin to leave your sessions feeling understood and feel you are developing a trusting relationship with us.

Change can take a while. Early on in our support people often tell us they experience a sense of relief. You'll probably feel that a load you've been carrying has become a bit easier. Depending on the nature of our support, a few sessions might be enough to give you a fresh view on what's going on in your life and new ways to think and deal with them. Alternatively, after exploring your initial thoughts and feelings you might feel it useful to stay with us for longer and look at other aspects of your life.