

Just Talk Service

For Young Carers

In your session, you will be able to discuss those issues that you find difficult to share with your family, friends or teacher.

The Just Talk Service provides a confidential space for you be heard and supported to work through your feelings and any challenges faced.



Where To Find Us

Brent Carers Centre
Willesden Medical Centre
144-150 High Road
Willesden
London NW10 2PT

Phone: 020 3802 7079

Fax: 020 3490 7727

E-mail: counselling@brentcarerscentre.org.uk

Web: www.brentcarerscentre.org.uk



Just Talk Service

For Young Carers

020 3802 7079

CONFIDENTIAL COUNSELLING LINE



Just
talk

Brent Young Carers Service

For over twenty years Brent Carers Centre has been the leading service in Brent, offering support to both adult and young carers.

The Brent Young Carers Service supports the wellbeing of young carers and the many challenges they face.

Young carers can now benefit from our Just Talk Service.

We offer free short-term counselling in a positive, friendly and confidential manner.

Just
talk

What We Offer

- A safe space to talk about various issues arising from your caring role. This could be face to face or telephone counselling. Issues such as: stress, loneliness, homework, loss of friends, guilt, anger, fear and relationship problems.
- A range of different counselling approaches, such as drawing, story-telling etc.
- Counsellors who are qualified or in training from different backgrounds.
- A professional service which is a member of the British Association of Counsellors & Psychotherapist.

Just
talk

How to Access our Service

- You can call our confidential counselling line or speak to any member of staff in the Young Carers Team.
- You can refer yourself or ask to be referred by your support worker or GP.

Once we receive your signed referral form, we will give you a call for an initial meeting, this meeting will be to find out what your needs are and whether the Just Talk Service is right for you.

We can offer you a choice of six weeks telephone or face to face Just Talk sessions.

