

Counselling Information



What is Counselling?

Counselling is a process that requires commitment from both the counsellor and young person in working with the presented issues. Through counselling you are given the support and safety to explore, understand and often to change thoughts, beliefs, feelings and behaviours that limit your life.

Is there a fee?

There is a fee of €5 per counselling session

What happens if you do not attend for appointments?

Attending the counselling session is important. If you miss 1 session without cancelling you will lose your counselling slot but will have a choice to go back on the waiting list if you so wish.

Can the counsellor provide reports or references?

The counsellors do not supply any reports apart from confirming that you have attended sessions with the counsellor.

No. 4 Youth Service (Counselling)



Young Person

Name:	Date :	
Address:		
DOB:	Gender:	Contact No:

Referring Agency/individual

Name :
Address :
Contact Number :

Parent /Guardian details (if under 18 years of age)

Name:	Address :
Contact Number:	

Further Information

Reason for referral : _____

Is this person currently attending counselling ? _____

Name and contact details of GP (if applicable) : _____

Name and contact details of psychiatrist (if applicable) : _____

Details of medication : _____

Does this person have a criminal record ? _____

If yes, what is the nature of the offence ? _____

Is there a pending court appearance ? _____

Availability to attend for counselling : _____