

TALK TO US

OFF THE RECORD

FREE SUPPORT FOR YOUNG PEOPLE IN CROYDON

WHO ARE WE?

We are a free, confidential service offering support to young people aged 14-25 who live, work, study or are registered to a GP in Croydon.

When I came here I was feeling suicidal. I felt like I was losing it but at Off The Record I began to feel differently."

WHAT DO WE DO?

- **Face to face counselling:** Counselling is a confidential space where you can explore your thoughts, feelings, beliefs or experiences over a period of time with the support of a skilled listener. We will support and encourage you to deal with whatever challenges and difficulties you face.
- **Online Counselling** provides one-to-one support to help you through tough times. Rather than talking about your problems, you write about them, giving you space to explore your thoughts and feelings in your own time and in your own personal space.
- **Online Workshops** provide practical help and information about key issues you might be struggling with in your life, such as depression, stress, anger or anxiety.

GETTING FACE TO FACE SUPPORT

The best way to get in touch for counselling is to self-refer by calling us on **020 8251 0251** or emailing us at **croydon@talkofftherecord.org** and we'll agree a time that you can come and see a counsellor here.

"Whilst I still feel depressed at times, I feel like I've been able to deal with things that have been holding me back for years."

"I believe in myself now and have learnt to trust people."

GETTING SUPPORT ONLINE

If you are a young person aged 14-25, you can directly access our free online counselling and workshops via **www.talkofftherecord.org**

"Counselling has given me the confidence to point my life in the direction I want it to go."

CONTACT US



020 8251 0251



croydon@talkofftherecord.org



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www.talkofftherecord.org



www.fb.com/talkOTR



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