

TALK TO US

OFF THE RECORD

FREE SUPPORT FOR YOUNG PEOPLE IN MERTON

WHO ARE WE?

We are a free, confidential service offering support to young people aged 11-18 in Merton.

"My counsellor helped me reflect on everything in my life and see things in a more positive way."

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. Counselling takes place in our Beddington office, Tuesday - Friday and we run a Drop-In service every Tuesday between 3.30-5.30pm at 172 Croydon Road, Beddington, CR0 4PG.
- **Online Counselling** provides 14-18 year olds 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 14-18 year olds with practical help and information about key issues you might be struggling with in your life, such as depression, stress, anger or anxiety. You can find out more at www.talkofftherecordonline.org

GETTING SUPPORT

We accept self-referrals and referrals from professionals.

IF YOU ARE 11-13...you will need to see someone like your GP, teacher or social worker, and ask them to make a referral to us via the Merton CAMHS Single Point of Access.

IF YOU ARE 14-18...you can self-refer by calling us on **020 8680 8899** or emailing us at merton@talkofftherecord.org or you can drop in to our weekly session we run every Tuesday, between 3.30-5.30pm at 172 Croydon Road, Beddington, CR0 4PG.

"I am more happy and open person. I believe in myself. Coming to Off The Record has helped me to learn to trust other people."

"Since coming to counselling, I now view life positively and with a smile..."

GETTING STARTED ONLINE

If you are a young person aged 14-18, you can directly access our free online counselling and workshops via www.talkofftherecordonline.org

HOW DO YOU CONTACT US?



020 8680 8899



www.talkofftherecord.org



merton@talkofftherecord.org



[www.fb.com/talkOTR](https://www.facebook.com/talkOTR)



Off The Record, 172 Croydon Road,
Beddington, CR0 4PG



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