

# TALK TO US

## OFF THE RECORD

# FREE SUPPORT FOR YOUNG PEOPLE IN SUTTON

### WHO ARE WE?

We are a free, confidential service offering support to young people aged 11-25 in Sutton.

*"I feel that I am in a safe place and I feel comfortable to talk about my feelings knowing that it is confidential."*

### 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. We also run a drop-in every Tuesday between 3.30-5.30pm.
- **Online Counselling** provides 14-25 year olds with one-to-one counselling 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 personal space.
- **Online Workshops** provide 14-25 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.
- **Workshops for Parents/Carers** of young people struggling with self harm.

*“Off The Record has helped me to become my own person and think more positively about situations when they are upsetting me.”*

*“I came to Off The Record feeling unhappy and depressed but now I feel I’m getting back to my old self again.”*

## GETTING FACE TO FACE SUPPORT

We accept self-referrals and referrals from professionals.

IF YOU ARE 11-17...you can ask a professional (such as your GP, Teacher, Social Worker etc) to refer you. All referrals to us go through the Single Point of Access. Professionals can visit our website to download the referral form and access referral information.

IF YOU ARE 14-25...you can self-refer by calling us on **020 8680 8899** or emailing us at [sutton@talkofftherecord.org](mailto:sutton@talkofftherecord.org) However, if you are UNDER 18 we recommend professional-referral (see above) as you will be assessed within the Single Point of Access and signposted to the most appropriate service.

## 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](http://www.talkofftherecord.org)

## CONTACT US



020 8680 8899



[sutton@talkofftherecord.org](mailto:sutton@talkofftherecord.org)



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