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 11-25 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.

- **Online Counselling** provides 11-25 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 11-25 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. You can find out more at **www.talkofftherecordonline.org**

GETTING SUPPORT

We accept self-referrals and referrals from Merton CAMHS.

<u>IF YOU ARE 11-17</u>…you can ask you GP, teacher, or social worker to make a referral to us via the Merton CAMHS Single Point of Access.

<u>IF YOU ARE 11-25</u>…you can self-refer by visiting our website, calling us on 020 3984 4004 or emailing us at merton@talkofftherecord.org (If you are under 13 we will the consent of your parent/carer to accept your referral).

"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 11-25, you can directly access our free online counselling and workshops via **www.talkofftherecordonline.org**

HOW DO YOU CONTACT US?

📱 020 3984 4004

@ merton@talkofftherecord.org

✉ Off The Record, Vestry Hall,
336 London Road, Mitcham, CR4 3UD

🖱 www.talkofftherecord.org

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