

## How do I request Counselling?

You, a member of your family, or anyone on your behalf, can request to see a Counsellor. If you would like to make an appointment to talk to a Counsellor please contact the number below.

Disabled and wheelchair facilities are available at our Merthyr Offices.

### Contact:

**Willow House**  
11, Church Street  
Merthyr Tydfil  
CF47 0BS

Tel: **01685 379310**  
Fax: **01685 384640**

Email: [enquiries@newpathways.co.uk](mailto:enquiries@newpathways.co.uk)



## About New Pathways

New Pathways offers confidential face to face and telephone counselling service as well as a crisis helpline. There is someone to talk to if you have been raped or sexually abused – no matter when or how.

## History of New Pathways

In 1993 it was recognized that there was a need in Merthyr Tydfil for a helpline for women who had suffered rape and sexual abuse. At that time the organization was known as R.A.S.A.S.S (Rape and Sexual Abuse Support Service).

In 1997, RASASS almost dissolved. A new revival was brought about by Libby Jones who is the founder of New Pathways. New management and a board of Trustees were appointed.



*New Pathways*



**Children & Young  
Persons  
Counselling Service**



# New Pathways

## What is Counselling?

Counselling is an opportunity to talk about things that may be troubling you, with someone who will not judge you and listen to you with respect.

## Is everything you tell the Counsellor Private?

YES – The Counsellor will not repeat anything that you discuss with others, unless there are serious concerns about your safety or another person's safety.

## About Our Counsellors

All of our Counsellors at New Pathways are qualified and experienced at working along side Children and Young people.

## What kind of things do people talk about?

- A recent incident or assault that has left you feeling shocked or frightened
- Someone who may have harmed or hurt you in the past.
- Talk about anyone who maybe hurting you now
  - Self-confidence
  - Problems with relationships
  - Being bullied or being a bully
    - Parents separation
  - Worrying about school/college work or exams
  - Feeling alone and not understood
    - Sexual issues
  - Feeling angry and getting into trouble
  - Someone you care about has died
    - Feeling fed-up
    - Harming yourself
  - Generally feeling unhappy
    - Taking drugs

- Wanting to run away
- Not liking the way you look

There may be other reasons for wanting to talk to a Counsellor which may not be on this list its bothering you then its important enough.

## What will happen when you see the Counsellor?

Your appointment letter will explain where you will be seen for your counselling. This could be at Willow House in Methyr or in a location near where you live.

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The Counsellor will introduce herself

You will have the opportunity to decide whether you wish to continue to meet with the Counsellor

You will make an agreement with the Counsellor on how you will work together

The Counsellor will explain the Confidentiality Policy and the Child Protection Policy.

