

Counselling Service Remote Offer

Counselling Service

Edinburgh Young Carers free counselling service is open to young carers aged 10 to 25 who may benefit from support through talking, play and art therapy. This is offered either as additional support to our core service or stand-alone and can be accessed by making a referral.

Counselling has proven to be an essential part of our service offering, as there are some things that a young person may not feel comfortable talking to anybody else about. Our trained counsellor has many years of experience in working with young people and offers a safe, confidential and impartial space to help young carers manage feelings of stress, fear, anger, grief, confusion and anxiety and develop life-long coping mechanisms to reduce anxiety and feel happier.



Remote Offer

Edinburgh Young Carers is still able to provide support to young people remotely. Examples of our virtual service includes:

- Weekly groups for all ages
- Partnership working with organisations including Cool Creatures, Kids Kinga, Drama, Children's Library, Historic Environment Scotland, Yoga sessions
- Resources and activity packs through the post-Stem Packs, Mecoco self isolation pack, Art packs and Playdoh
- Increased social media presence including bake alongs, health and wellbeing tips, 'Pass the message', Gary's jokes
- Dance sessions to improve coordination and motor skills

