

Free Online Counselling for 12-18 year olds in East Sussex

'E-motion' is an online counselling for young people aged 12 - 18 years who live in East Sussex.

What are the benefits of online counselling?

There are many reasons but here are some that young people have mentioned:

- I could email when I wanted
- I felt I had more control over things
- I didn't want anyone to know I was getting counselling
- I'm not sure if I would've opened up so much if I was sitting with someone there.

How do young people get in touch with the online counselling?

For counselling, send the service an email at: hello@e-motion.org.uk

How does it work?

When a young person gets in touch, they are linked with their own online counsellor who will support them by email. Once the counsellor is linked with the young person they will explain how email counselling works and how they can work together to help with the young person's concerns.

Will the counsellors tell anyone else what the young people might say?

What the young person says to their counsellor is confidential and they do not share anything with any other person or organisation. The only time they may need to speak to someone else is when they believe that a young person may be at risk of serious harm.

Can young people have a one-off session with a counsellor or ask for advice or information?

Young people are welcome to email hello@e-motion.org.uk for information or a one-off session if they just want to check something out with a counsellor or ask a question.