



Counselling, Support and Care for Young People and Families



CONTACT US

Call us: 01594 372777


Text us: 07520 634063

Email: admin@ticplus.org.uk


Website: www.ticplus.org.uk



Feeling...
Sad? Confused?
Angry? Worried?
Stressed? Afraid?



Need someone to talk to?
Want someone to listen?
Someone who's not involved?



TIC+ can help. Our counsellors care, they won't judge you and will take you seriously. If you live in Gloucestershire and are aged 9-25 you can now choose to have counselling in a variety of ways:

1 Does anyone have to know?

If you are under 16 we prefer it if a parent or carer knows, but if you don't want anyone to know, that's OK; just tell us when you contact us. If you are in primary school we will need a parent or carer's permission.

2 Is what I say private?

Yes! We won't give out any information about you to parents, professionals, teachers or anyone else without asking you, unless you want us to, or if we believe you or someone else is at serious risk of harm.

3 How much does it cost?

The counselling is FREE. TIC+ is a charity and we work hard at raising funds so that we can pay for a counsellor to see you.

4 How do I arrange to have counselling?

You will first need to contact us by phone to give us your details. Or you can text or contact us from our website and we will call you back. If you find it difficult to speak on the phone, you can always ask a friend or an adult to do this for you.

Face-to-Face Counselling

Available at your school, college or a place near to where you live.

Online Instant Messaging, Video and Telephone Counselling

Use your phone, laptop, tablet or PC to get secure, encrypted online, remote video or phone counselling.

[NB: Online instant messaging counselling is not available for children in primary school]

'One at a Time' Counselling

You can be seen within a few weeks for a one-off single session, face-to-face at one of our centres or by video.
For ages 13-25

Want to talk anonymously?

Call or message tic+chat on 0300 303 8080 during open hours (Sun-Thurs | 5pm-9pm)

www.ticplus.org.uk/ticpluschat