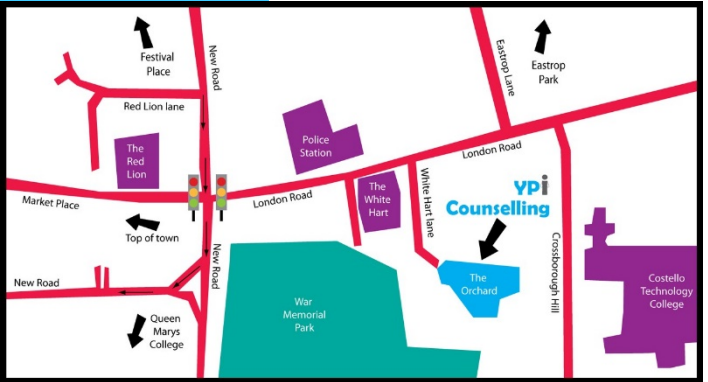


Our counselling is held at our rooms in:
The Orchard
White Hart Lane
Basingstoke
RG21 4AF

How to find us:



When COVID measures are in place our counselling sessions happen by phone and Zoom.

We are open Monday to Friday and offer afternoon and evening appointments.

Young people can refer themselves. We also take referrals from parents or professionals working with the young person, please gain their consent first.

Please fill in a referral form online at <https://www.ypidatabase.net/portal>

We will then be in touch to arrange a first meeting with a counsellor or mentor.

For more details contact us:
Phone: 01256 423 878
Email: office@ypicounselling.co.uk
Web: www.ypicounselling.co.uk

Follow us and support our fundraising at www.facebook.com/ypicounsellingbasingstoke

Registered Charity Number: 1163288



Free Counselling
for Children and Young Adults
in Basingstoke and Deane



Counselling Service

YPI offers short-term counselling for 11-25 year olds in the Basingstoke and Dean area.

Counselling is a safe and confidential space where you can talk about whatever is affecting you.

Our professional counsellors will listen without judgement, help you make sense of what is going on and support you to find ways to cope.

"During lockdown I became more anxious and felt isolated. I was worried about returning to school. My counsellor helped me overcome my worries and spoke to the school to make my return easier"



Mentoring Service

Our YPI mentors support 10-19 year olds out in the community to build their life skills and achieve their aspirations.

Our mentors are a professional friend, helping you tackle difficult challenges, supporting you to make positive changes and reach your potential.

For young parents or care leavers

Our new YOU youth mentoring programme is aimed at 17-25 year olds, who live in Basingstoke, and are either a parent or a care leaver.

It is a free 12 week programme which can help you reach your personal goals.



Issues we can help with include:

- Depression
- Anxiety
- Anger
- Managing feelings
- Bullying
- Conflict at home
- Confidence
- Self-image and identity
- Feeling isolated or lonely
- Bereavement
- Relationship problems
- Self-harm

Our counselling is short-term, usually lasting six sessions. Your counsellor will help you focus on one or two goals you would like to achieve.

If you have a severe mental health condition, short-term counselling may not be the best type of support. We recommend talking to your GP about a referral to mental health services.

You can call the Samaritans on 116 123 or Childline on 0800 1111 for immediate support.