

Your counsellor won't tell other people what you talk about, unless you want them to or if they feel you or someone else is at risk in some way. Your school may be told how many times you have seen your counsellor.

You will be able to see your counsellor up to 6 times.

When your counselling sessions have finished you may want to continue talking to someone. Your counsellor can help you find support.

## What Happens Now?

If you have any questions about Compass please talk to your teacher. They can refer you for counselling. If you are 13 or under we may need a parent or carer's permission.



# COMPASS



**A school-based counselling service for young people in Croydon  
who are refugees or asylum seekers**

Information for Young People

**"Off the Record" Youth Counselling Croydon**

72 Queens Road, Croydon, Surrey, CR0 2PR

Tel: 020 8251 0251 Fax: 020 8251 0261

Email: [info@offtherecordcroydon.org](mailto:info@offtherecordcroydon.org)

[www.offtherecordcroydon.org](http://www.offtherecordcroydon.org)

## What is Compass?

Compass is a counselling service for young people who have come to this country as refugees or asylum seekers. You may be alone or with your family.

## What is counselling?

A counsellor is someone who is trained to listen to you.

They will not tell you what to do but will help you talk about your feelings and experiences.

You may want to talk about the events that brought you to the UK or what is happening in your life now.

## How can counselling help?

Talking about your experiences can help you understand your feelings and help you cope with worries or problems. It may be helpful to talk about how you have felt since arriving in the UK. A counsellor can also help you think about your future or other kinds of support you may need.

## What will happen?

You will meet in a room at school with your counsellor and, if needed, an interpreter.

The counsellor will invite you to tell them about your life and to discuss any worries you may have.

Your counsellor will not judge you and will help you to talk about yourself or your experiences.