

Thu, June 20, 2019

National Counselling Service – Skye and Lochalsh



A counselling service for children and young people who are experiencing difficulties in their life due to issues such as:

- low self-esteem
- anxiety
- relationship problems
- life transitions
- bereavement

Young people of high school age can be seen during school hours and are given the opportunity through regular 45 minute sessions with a qualified counsellor to explore and develop a better understanding of their difficulties and to find their own solutions and /or helpful coping strategies.

Younger children can be seen at school or in the playroom at Kyleakin. Work with this age group makes use of play and art therapy, through which they are able to express themselves and work through their difficulties.

Where appropriate, joint work with parents may also take place.

Referrals can be made by professionals or parents and young people can self-refer.

Professionals are asked to complete a short referral form.



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by Hi Hope - hi-hope.org
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Further Information and Contact Details

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