



Creating space for young people

Our Counselling Service

Counselling at U-evolve is a space where you can talk to someone trained to listen and help you with whatever you are going through. Counselling can help with lots of things, including, relationship problems, tough childhood experiences, intense feelings and emotions, behaviour, events from the past or your present and any situation that feels hard to handle. We offer a friendly, comforting, and safe environment to open up about any feelings and emotions and receive guidance on coping with life's challenges. You don't have to go through it alone.



Our counselling room



Alice - our NCPS accredited counsellor

What does Pluralistic Counselling mean?

Pluralistic counselling combines various therapeutic methods, such as psychodynamic, person-centred, and CBT, tailored to meet your individual needs. Think of it as a toolkit, using different tools for different situations. The counsellor works with you to determine which techniques best support your specific situation and feelings, making sure you get the help that works for you.

What does Counselling look like at U-evolve?

Our counselling service is for young people who are 15-21 years old. Sessions are 1:1, usually in person, and last up to 50 minutes. An initial 12 sessions are provided, with a review at the sixth session to look at progress. The relaxed, confidential environment prioritises your well-being, aiming to help you feel better and more in control of your life. Sessions can either be at our space at Norton Park or outdoors, where we can offer walk and talks also!

What's the difference between a Mental Health Coach and a Counsellor?

A Counsellor listens to you about your feelings and experiences, offering support by focusing on your past and present. They help support you to feel better and cope with challenges.

A Mental Health Coach acts as a guide, concentrating on your future goals. They assist in building confidence, setting goals, and creating plans to achieve them.

Both professionals care about your emotional well-being, but a Counsellor aids in understanding and managing feelings, while a Mental Health Coach focuses on planning and achieving future goals.