



Counselling, Support and Care for Young People and Families

## CONTACT US

Call us: 01594 372777

Text us: 07520 634063

Email: [admin@ticplus.org.uk](mailto:admin@ticplus.org.uk)

Website: [www.ticplus.org.uk](http://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 9-21 you can now choose to have counselling:**

### **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 us 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.

Registered Charity No. 1045429

#### **Face to Face Counselling**

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

#### **Online text chat**

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

Online counselling is not available for children in primary school.

#### **Video Counselling**

Remote counselling over WhatsApp or Zoom video calls.

#### **Telephone Counselling**

Supportive phone call counselling with trained TIC+ counsellors.

#### **Want to talk anonymously?**

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

[www.ticplus.org.uk/ticpluschat](http://www.ticplus.org.uk/ticpluschat)