



UNI-T PROJECT

WHAT IS COUNSELLING?

Counselling falls under the umbrella term 'talking therapies' and allows you to discuss your problems and any difficult feelings you encounter in a **safe, confidential** and **non-stigmatising space**.

The dialogue between you and me can be verbal as well as explored through the creative media. Creativity can be helpful in accessing parts of ourselves for which we may struggle to find spoken words. Working with the arts can offer ways to take a step back from the problem to be able to reflect on it from a different angle.

Respect, inclusion and affirmation. At Spectra we believe that each individual is the authority on their gender identity. We honour your chosen name and pronoun. We understand that your gender identity is unique and does not have to fit an identified category or label.

AREAS OF EXPLORATION

Some of the issues that you may want to explore in counselling can include:

- Gender identity and gender expression
- Sexual orientation
- Transitioning
- Gender dysphoria
- Family related issues
- Confidence and self-esteem
- Self-image
- Relationships and peers
- Identity and sexuality
- Bullying and abuse

ELIGIBILITY CRITERIA

If you wish to register with the service we ask that:

- You identify as LGBTQI+ and/or be questioning or wanting to explore your gender/sexual orientation
- You are aged between 13 and 18 years' old
- You live, study, work or socialise in London

- You consent to and attend an initial counselling assessment to make sure counselling is the most appropriate support for you
- You consent to and attend regular weekly sessions,
- You are not in therapy anywhere else whilst receiving counselling at Spectra
- You are able to access the internet for online therapy sessions on the free video app Zoom
- Your family members may also be considered for support on a case-by-case basis

WAYS OF MAKING A REFERRAL

You can refer yourself by sending us an email at:

Email: Uni-T@spectra-london.org.uk

Website: <https://spectra-london.org.uk>

We'll get back to you within 7 working days to arrange a free initial assessment. This will be a chance for you to talk through what has brought you to counselling and find out if the service is right for you. If you decide to go ahead, you will join our waiting list to see a counsellor.

DID YOU KNOW?

As part of the Uni-T project, we run a peer-led **LGBTQI+ youth group** to combat isolation so young people feel less alone in their feelings/ experiences. They will meet like-minded young people, develop friendships and a sense of community that can support and encourage sharing of resources for well-being and resilience.

UPDATE ON COVID-19: In response to updates on Government guidelines regarding the Coronavirus, Spectra have made the difficult decision to move all counselling contact online, for the foreseeable future. We have a duty of care to all our service users and therefore we have decided to do this in order to minimize the risk we pose to each other. We now offer sessions by using the video conferencing platform, Zoom, which is a securely encrypted online platform recommended for online counselling. If for any reason using Zoom isn't possible for you, we can discuss other options like counselling over the phone or instant messaging.

PLEASE NOTE – IF YOU ARE IN CRISIS, OR NEED EMOTIONAL SUPPORT, PLEASE CONTACT:

SAMARITANS: 08457 90 90 90 | **CHILDLINE:** 0800 1111 | **LGBT SWITCHBOARD** [HTTPS://SWITCHBOARD.LGBT/](https://switchboard.lgbt/)

IN AN EMERGENCY, CALL 999 OR MAKE YOUR WAY TO THE NEAREST ACCIDENT AND EMERGENCY DEPARTMENT (A&E).