# Emotional Support Service for Children and Young People

## Want to talk about your sight and how it makes you feel?

You can do this in confidence with counsellors from the RNIB. We can arrange to phone you and give you a safe place to talk things through.

Our counsellors understand sight loss and the kind of things you might feel – we are here to listen to you and to help you find a way forward that works for you. We can arrange for you to speak to the same person every week for a few sessions - each session can last up to 50 minutes (but it can be shorter if you want), or you may only want to speak to a counsellor once - and that’s ok!

## What kind of things do people talk about?

Maybe things have changed lately and you feel angry or upset. Maybe people around you don’t understand, or even bully you. Maybe you are worried about being independent and doing all the things you would like to do. Maybe you are fed up of being a bit different from your friends. Anything about your sight that makes things difficult is ok – it’s up to you!

## So how do I get it started?

To make an appointment to speak to one of our counsellors, you (or someone you ask to do it for you) need to ring our team on 020 7391 2186. Your counsellor will then call you and arrange a convenient time to talk or you can email us, at any time, and we will get back to you. Our email address is ess@rnib.org.uk

## Where do I need to go?

Our sessions are on the phone so you will need to have a safe, quiet place with a phone we can call you on. This can be at school or at home. It is best if you are on your own so you can speak freely about whatever you want to. If you need help finding this space, please let us know and we might be able to help.

## How many sessions?

In your first session you and your counsellor will agree how many sessions to have – it can be up to 8 but you might start with just 1 and see how you feel.

## What else do I need to know?

It doesn’t cost anything – we even phone you!

Speaking in confidence means we do not normally tell others what you are talking about unless you say its ok. There are sometimes situations where we might have to – but your counsellor will explain this before you get started.