

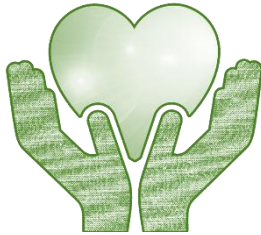


Thrive

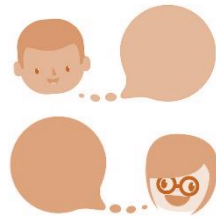
Counselling and Consultancy

How I will support you

My name is Mandy Flint. I am going to be your counsellor. Here are some important things to know...



I am here to help you



You can talk to me about anything



I will help you to be safe



I will talk to your family about how they can help



I may talk to other people about you too



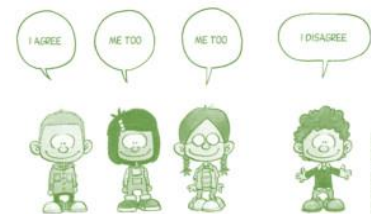
We are going to work out a plan to help you together



You have rights as a young person. We will talk about what they are



You can find out about things that I write down any time by asking me



It is ok if you are not happy with what I say or what we do together. You can tell me, or if you want, I can help you to tell someone else.