

OTHER STUFF THAT'S GOOD TO KNOW:



The Listen Project focuses on wellbeing. If there are more significant mental health challenges, they will be referred onto more specialised services.



Up to 9 sessions are provided, typically lasting 40-45 minutes.



Counsellors can help you identify problems to work on, goals you could set for yourself, and ways to achieve them.



School-based sessions are organised by a member of the school staff, but still require young person and parental consent.



The Listen Project is a collaboration of different organisations: Sphere 17 Regional Youth Service, The New Life Centre, Northside Partnership, Cabra For Youth, and Dublin City North CYPSC (Children & Young People's Service Committee).



**FOR MORE INFORMATION
ON THE LISTEN PROJECT:**

**FREEPHONE 1800 303 638
OR CONTACT SPHERE 17
DIRECTLY ON 01 867 4348**



**FREEPHONE
1800 303 638**



**FOR MORE INFORMATION
WWW.SPHERE17.IE/THELISTENPROJECT**

WHAT'S THE LISTEN PROJECT?

The Listen Project is a youth counselling service.

The aim of the Listen Project is to provide young people, 12-21 years, with a safe, one-to-one, space in the local community where, with the support of a qualified counsellor, they can talk about, feel heard, and reflect on issues that are important to them. Young people are provided with up to 9 sessions of counselling.

Sessions support young people to recognise their own strengths and develop new coping skills, so that they can feel more confident and hopeful about their future.

If you are 12-21 years, live (or spend time in) the catchment area of Dublin 5, 7, 13, 17 (or surrounding areas), and are not attending youth counselling elsewhere, then maybe this could benefit you!

WHERE DOES IT TAKE PLACE?

Sphere 17 and Cabra for Youth provide youth-friendly one-to-one spaces for you to talk freely with a counsellor without worrying about being interrupted or overheard. Sessions can also take place remotely via online video app or phone call.

The Listen Project also runs in some local schools.

HOW WILL I KNOW IF THE LISTEN PROJECT IS RIGHT FOR ME?

Come along to the initial opening session to find out what you can expect and then make a decision about whether you want to try it out. It's perfectly ok if you decide it's not for you at this time.

HOW DO I BOOK AN APPOINTMENT?

You make an appointment by calling the Listen Project freephone number 1800 303 638. This number is monitored at set times during the days and all voicemails are followed up on. A young person is not required to say why they would like an appointment – that's between

you and your counsellor. Once we find an available counsellor that has a time that suits you, we will confirm the appointment details by phone and email, including the counsellor's contact details. The counsellor's phone number is only for texting about the appointment, not for counselling. A parent or guardian is required to sign a consent form if you are under 18 years old.

CAN OTHER PEOPLE MAKE AN APPOINTMENT FOR A YOUNG PERSON?

Yes. Often parents or other family members call the freephone to set up the appointment and this is fine as long as the young person consents to participating. Other services can also make a referral, but they too need to have consent of the young person, and of the parent/guardian where the young person is under 18.

DO I HAVE TO PAY FOR COUNSELLING WITH THE LISTEN PROJECT?

No. The Listen Project is free, so you don't have to pay, and up to 9 sessions are offered. However, as we are always looking to improve our service, we would appreciate your feedback, so we will send you an anonymous survey link when you finish attending.

WILL MY COUNSELLOR TELL ANYBODY ABOUT WHAT I SAY IN COUNSELLING?

All counselling is confidential. This means what you tell your counsellor is not shared with others. There are, however, some exceptions to this. If a counsellor believes that a young person is at risk of significant harm to themselves or others, or that another child is at risk of harm, they are required to report it. If this happens, the counsellor will fully inform the young person and continue to support them.

ARE THE LISTEN PROJECT COUNSELLORS QUALIFIED?

All Listen Project counsellors are fully qualified and accredited with the Irish Association for Counselling & Psychotherapy (IACP) or equivalent, and they are garda vetted as part of their recruitment. They also receive specific training to work with young people.

DO PARENTS ATTEND THE COUNSELLING SESSION WITH THEIR CHILD?

Parents/ guardians typically attend the 1st (introductory) session with a young person (under 18yrs). This session will give parents a better sense of the Listen Project and how it can support their child. Occasionally, a Counsellor might further involve the parent if they feel it may be of benefit to the young person.

