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## Reaching Out (Counselling Service)

After beginning back in 2007 with Reaching Out Counselling Service we now deliver of a range of projects supported by 30 staff.

- *WE ARE ORGANISATIONAL MEMBERS OF THE BRITISH ASSOCIATION FOR COUNSELLING & PSYCHOTHERAPY AND WORK TO THEIR ETHICAL FRAMEWORK FOR GOOD PRACTICE*

### How do We Work?

People who behave in ways that are destructive to themselves, their families or their communities have often experienced overwhelming trauma themselves. The legacy of emotional distress this leaves often manifests itself – and is made worse by – a tangle of other complex issues. With the support of the services we offer, people can work out what is or was beyond their control, and what is within their power to change. The impact on their lives, and on those around them, can be dramatic.

### What do we do?

Many of our clients fall into the category of high need and have complex mental health problems. We give them the professional support they need to recover good mental health to the benefit of themselves, their families and the community. Our specialist counsellors build trust and then guide clients through emotional recovery. We may, for example, help someone manage their anger or anti-social behaviour, while working through underlying fear, anger or grief. Our clients often have other needs relating to drug use, housing, employment etc. By working with other services within Barca-Leeds or elsewhere, we can offer truly 'wrap around' care. We also work with schools. We treat people with total acceptance; they feel respected, cared for and valued, perhaps for the first time ever. With increasing emotional resilience, they then begin to change their lives.

### How could we help the service grow?

We enjoy a reputation as a service that works effectively with some of the most high-need clients in Leeds. As a result, though, we have a long and growing waiting list. An increasing number of referrals are for young people who are angry, aggressive, self-harming, refusing to go to school or involved in crime. Many have witnessed or experienced domestic violence. By the time they see us, their needs have often become acute, and they are in crisis. We support schools to prioritise counselling as an effective intervention: by buying into our service, they can make sure that their distressed young people don't end up on a long waiting list.

#### Reaching Out Counselling & Psychotherapy Service

Reaching Out Counselling & Psychotherapy Service has been in existence since 2007, we are now Lottery funded and have been since 2011. We have a team of 10 volunteers, 9 of these are fully qualified and we support one counselling student. The service offers counselling to clients living in West Leeds postcode areas LS12,13 and 28 who are experiencing moderate to severe, complex mental and emotional health issues. Clients aged 12+ can be referred into the counselling service by professionals and also via self-referral. The service delivers two groups – You and Your Anger for men and Mindfulness for Emotional Wellbeing for people aged over 18. For more information please call 01132 209037 or email Heather Nash – [heather@barca-leeds.org](mailto:heather@barca-leeds.org)

#### TaMHS – Targeted Mental Health in Schools

TaMHS is a Government based initiative which supports schools in offering emotional support to children. It has been recognised that failing to support a child who may be experiencing emotional difficulties will have a direct impact on their ability to engage in school. In order to improve attendance figures, reduce CAL (Children Looked After) and CYPP (Child and Young person Protection Plan) figures in Leeds the funding has been made available. The schools are expected to match fund the

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