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**Crosscare *Teen Counselling*: May 2020 Up-Date**

**On-line Counselling** is now being made available to Teens and their Parents using the Microsoft Teams platform. This on-line counselling is intended to provide a short focused intervention to help address the particular stressors experienced by teens and their parents in the context of the current Covid 19 crisis. This service is being provided as an addition to our existing services.

**Tele-support** continues to be provided to parents and to teens who have identified this contact with their counsellor as the most accessible way to meet their current needs. Teens and their parents opt for weekly or bi-weekly engagement with their counsellor.

**Referrals** continue to be accepted by Teen Counselling and referral forms can be requested at [teencounselling@crosscare.ie](mailto:teencounselling@crosscare.ie)

The**Teen Counselling phone line** is now open from **10:00-13:00 Monday to Friday** our telephone number is **01-5574705.** This line will accept referrals from families and professionals and will signpost caller to other appropriate services. Outside of these times voice-messages can be left and calls will be returned.

During COVID 19 we have been working with our clients on addressing many issues including anxiety, motivation, exam stresses, establishing family routines, coping with distress around family finance, employment & housing issues. Family conflict and bereavement are also being addressed and Child Protection referrals have been made to Tusla.