

Young People Invited!

TAKE PART IN AN ONLINE RESEARCH SURVEY ABOUT COUNSELLING

WHAT IS THE RESEARCH ABOUT?

We're looking for people aged 11-18 to take part in an online survey.

The online survey will help us develop a new form for young people to decide what they want to do in therapy. This includes activities they'd like to do or how they'd like their therapist to work with them.

★ WHO CAN TAKE PART?

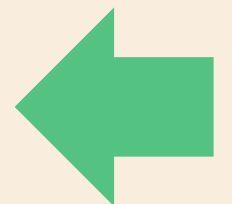
- Aged **11-18** (under 18s will need permission from a guardian to take part)
- Based in the UK
- Fluent in reading English
- **With experience of counselling**

(this means you might be about to start, be having counselling right now, or had counselling at some point before)



Once you have completed the survey you will be entered into a prize draw for 1 of 3 £20 gift cards (e.g. Amazon, Love2Shop).

To take part, please visit:
<https://tinyurl.com/U-PIC-SURVEY>



..or use the QR Code!



★ WHAT WILL I BE ASKED TO DO?

The online survey will take around **10 minutes**. It will ask questions about you, like your age, ethnicity, gender & the area you live in, and:

- the stage of counselling you're in
- a question about your general mental health experiences
- questions about how you'd like your counselling to be, e.g. things you'd like to do.



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