

SKYLINE
SUPPORT SERVICES

TALK TO US

OFF
THE **RECORD**

FREE ONLINE SUPPORT FOR YOUNG PEOPLE

WHO ARE WE?

Skyline Support services are free online services brought to you by Off the Record, providing online counselling and workshops to young people aged 14-25 in Croydon and Sutton. You can find out more about our services here: www.skylinesupport.org

"It just gives me a bit of confidence as if I want to say something that makes me teary or makes me cry, I don't feel so embarrassed as the person can't see my face"

WHAT DO WE DO?

Skyline support is a range of free online services for local young people, including:

- **SkyLine Online Counselling:** Free online counselling, giving you one-to-one support to help you through tough times. SkyLine isn't like other counselling services, because everything happens online! Rather than talking about your problems, you write about them, giving you space to explore your thoughts and feelings in your own time and in your own personal space. All of our counselling happens through a secure website, meaning that you exchange private, confidential messages with your counsellor. We offer a choice of live chat or message-based counselling.
- **SkyCasts Online Workshops:** Free and informal online workshops, providing practical help and information about key issues you might be struggling with in your life, such as depression, stress, anger or anxiety. SkyCasts are short and interactive and give you an easy way to get clued up, ask questions and share ideas about these issues.

WHAT DO WE BELIEVE?

We believe that when things feel really overwhelming, we can often feel completely alone. We might feel desperate for help, but find the idea of having to book appointments, get out of the house or go and 'talk' to someone virtually impossible.

That's where Skyline Support comes in, giving you the opportunity to get things off your chest in your own time and on your own terms.

- There's no need to call up and book appointments – you can simply sign up online for both SkyLine Counselling and SkyCasts Workshops.
- There's support available at different times throughout the week, making it easy to find a convenient time to log in and get help.
- Whether you're having counselling or coming along to the workshops, you can access lots of additional information and resources from the website.

"The online set up allows you to access counselling even when you have very little free time or are unable to keep to a specific timetabled slot"

GETTING STARTED

If you are a young person aged 14-25 from Croydon or Sutton, you can access our free Skyline Support via www.skylinesupport.org

"It provides an environment where you can not only share ideas, thoughts and feelings but also listen to others' perspectives on topics and situations"

HOW DO YOU CONTACT US?



www.skylinesupport.org



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