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# Youth Counselling & Therapy Service

For youth aged 12 to 25, who exhibit any of the following:



**Mental health issues** like anxiety, self-harm tendencies, and low mood



Challenges tied to **relationships, family, social life, self-esteem, and substance addiction**



Symptoms arising from **traumatic events**

## Here's how counselling & therapy can help...

- ✓ Increase **happiness** and improve **quality of life**
- ✓ Increase **mental & emotional resilience**
- ✓ Reduce severity of **depression and psychological distress**
- ✓ Help manage **transitions in life**  
(e.g. *tertiary education, national service, employment*)

**Book an appointment  
or find out more at**

<https://www.trybe.org/youth-counselling>

or by scanning  
the QR code below



Email us at [ctsadmin@trybe.org](mailto:ctsadmin@trybe.org)  
or call us at 9093 9855



In Singapore, **1 out of 3 youths has experienced mental health symptoms.**\* If these symptoms are left unattended, they can significantly influence a **young person's growth, quality of life, and future adulthood.** Trybe's **Counselling & Therapy Service (CTS)** is dedicated to supporting youth in enhancing their mental and emotional well-being through various evidence-based methods.

\*<https://www.straitstimes.com/singapore/about-1-in-3-youths-in-singapore-has-mental-health-symptoms-study>

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## What our youth say...



**Counselling helps.** It made me know myself more. With my newfound confidence in my decision-making skills, I am now eager to help my friends who struggle with their mental health. - **Simon, Trybe Youth**



My Case Worker helped me when my grandfather passed away. Without his support, I could've easily fallen into depression. - **Theodore, Trybe Youth**



I used to turn to illegal substances as an escape from my problems. Trybe helped me discover a better way to deal with my issues. - **Shamira, Trybe Youth**



Some youth may avoid seeking help because they don't want to be seen as weak or because others dismiss their issues. Seeking help is not a sign of weakness. It is a sign of strength. It is okay not to be okay. There is no perfect person or journey; in truth, we are always constantly discovering ourselves. - **Trybe Social Worker**

## Frequently Asked Questions

### What happens in a counselling or therapy session?

Every youth is unique. The process typically includes establishing rapport, setting goals, and discussing the topics that the youth wants to address. Our team of professionals use a variety of modalities such as Expressive Therapies, Eye Movement Desensitization and Reprocessing (EMDR), Choice Theory Reality Therapy (CTRT), and Cognitive Behavioural Therapy (CBT) during the session.

### What are the rates of this service?

Session fees are \$150 per hour. Talk to the CTS team if the youth requires subsidy.

### Can the youth choose a counsellor/therapist?

Yes. The youth may request for a specific counsellor depending on their availability and area of specialty. If no preference is indicated, Trybe will assign a counsellor or therapist who specialises in the specific topic the youth would like to work on during the session. Find out more about our counsellors and therapists here: <https://www.trybe.org/youth-counselling/cts-team>

### Can the youth get an official diagnosis or medication from Trybe?

No. Our team is made up of counsellors and therapists. An official mental health diagnosis involves a series of comprehensive assessments conducted by a clinical psychologist or psychiatrist. Furthermore, if medication is deemed necessary, it should be prescribed by a psychiatrist who is a qualified medical doctor.

### Will the youth's sharing be treated as confidential?

Yes. Confidentiality is highly respected in all counselling or therapy sessions. However, there may be situations where the counsellor/therapist is legally obligated to breach confidentiality if it involves the youth's safety or the safety of others. In such cases, the counsellor/therapist will discuss this with the youth beforehand.

### How do I refer/sign-up for the service?

Scan the QR code on this flyer or visit our website: <https://www.trybe.org/youth-counselling> to book an appointment.



### Other ways to support youth mental health work

- ☒ **Sponsor a youth to receive counselling service**
- ☒ **Donate to Trybe's Counselling & Therapy Service**
- ☒ **Collaborate with us**

