

## Family Counselling Trust (FCT)

Family Counselling Trust (FCT) is a registered mental health charity providing key early intervention counselling support to children, young people (up to age 18) and their families. It was founded in Dorset in 2005 to respond to the growing challenges facing families and young people - emotional, behavioural or other mental health problems - where they were unable to access timely and adequate support. FCT raises funds to enable parents on stretched incomes to access help for their children, with the charity subsidising the cost of the therapy. FCT offers children and young people an early opportunity to be supported by a qualified psychological therapist, in what is an holistic service involving the families.

### Contact

**Telephone** 07772 101649  
**Email** [fo-dorset@familycounsellingtrust.org](mailto:fo-dorset@familycounsellingtrust.org)  
**Website** <http://familycounsellingtrust.org/>

### Venue

**Venue address** 16 Wadebridge Sq  
Poundbury  
Dorchester  
Dorset  
**Postcode** DT1 3AX

### Service Details

**Additional Information** All trustees, workers, volunteers and advisers are deeply committed to serving children, young people and their families in need of counselling. FCT has: a board of 10 trustees (including 4 mental health professionals); 8 advisers (including 6 medical advisers: psychiatrists and psychotherapists); 5 family liaison officers; around 80 therapists; support staff and volunteers.

**Referral information** Please see website for more details on how to make a referral, this varies depending on where you live - <https://familycounsellingtrust.org/how-to-make-a-referral/>

Some activities and family support services listed in our directory may be cancelled, postponed, or running in a different way due to coronavirus restrictions. Please contact providers to check for information about any changes.