

# COUNSELLING IS...

**BEING HEARD**  
Having someone  
to talk to who  
listens  
carefully

**CHANGING**  
Helps you to look at  
options and choices to  
work out what changes  
you can make and how

**UNDERSTANDING**  
To help you make  
sense of what is  
happening in  
your life

**ACCEPTING**  
You will not be  
judged or told  
what to do

**CONFIDENTIAL**  
What you say is  
kept private\*

\*Unless you say you or another person is in danger

## I AM YOUR SCHOOL COUNSELLOR

I don't have a magic wand,  
a crystal ball or all the answers.

But I do have ears to listen,  
a heart to care, and time to give.

I have ideas and an open mind.

I am your School Counsellor.

And I am here for YOU.





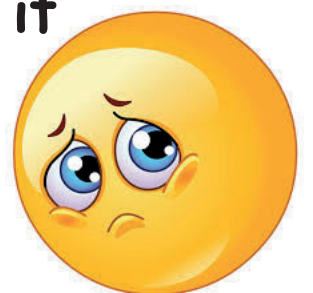
I wear a smile on a stick  
I hold it awkwardly in place  
For a world not ready to see  
The truth of grief upon my face

I wear it and puzzle how it is  
That others do not wonder  
Why I walk around with it?  
Why does that not make them ponder?

One day someone seems to see  
'How are you really'? I was asked  
As I answered the tears came softly  
And washed away my mask

Grief should not be hidden  
Nor should we hide our pain  
Tears are a tribute to love  
And not a grievers shame

So wear the smile when needed  
When energy is low  
But when a friend sees past it  
Let your real feelings flow



What you **SAY** in here  
**STAYS** in here  
unless...

**YOU** or another person  
Is at risk of being **HURT**

