

Is it private?

Will the counsellor tell anyone about what I say?

What you say is private and confidential.

However, there may be times when we may need to share serious worries or concerns with important others who need to know, especially when you or another person is in danger.

We will always tell you first and ask your permission to share important information if it will help you feel better.



If you need help

Tell someone

To talk to Mrs Harrison, the School Counsellor:



- Speak to your Head of House
- Drop-in for a chat 2.45 - 3.45pm Mondays in the Wellbeing Meeting Room
- email: karen.harrison@thomasdeaconacademy.com

Talk to a trusted adult

Find someone you trust, a parent, carer, friends parents, family member, teacher, your G.P. or School Counsellor or Nurse.

Helpful Numbers

- **ChildLine** is the UK's free, confidential helpline for children and young people, offering advice and support, by phone and online, 24 hours a day.

Phone: 0800 1111 (24 hours)

Website: www.childline.org.uk

- **Samaritans** offer a 24 hour helpline to speak to someone if you feel there is nowhere else to turn.

Phone: 116 123 (24 hours)

School Counselling



for young people

What is counselling?



It is somewhere you can think and talk about your worries with a trained counsellor in a safe, private and confidential place.

You can see a counsellor for lots of different reasons such as:

- Feeling anxious or worried
- Feeling depressed or lonely
- If someone you love has died, is ill or has gone away
- Feeling suicidal or harming yourself
- Problems at school like bullying or making friends
- Having problems with drugs and alcohol
- Low confidence
- Family problems

And lots of other reasons...

How will it help?

- A space to clear my head
- A place to come and talk about my thoughts and feelings
- A place to talk about my choices
- To try out new things and ideas



“ TALKING TO A COUNSELLOR HELPED ME UNDERSTAND ”

What can I expect?

We learn best when we are happy in our environment, and when we feel confident and valued and cared for by others.

But life can be tough for many young people. Sometimes people in our lives make us feel sad or angry, nervous or useless. At times, everyone feels worried or has problems that may be hard to talk about with the people close to you.

Counselling is a place where you can come and talk about these things with someone who is trained to listen and help you.

How are counsellors different?

- They don't blame or judge you
- They don't tell you what to do
- They are there for you - whatever the problem
- They are good at listening carefully
- They can see you in school time
- They can help you sort things out in a way which suits you
- They can give you the time and space you need

“ I FELT SO MUCH BETTER AFTER I HAD TOLD SOMEBODY ”



How does it work?

Seeing a counsellor might be your idea, or your parents, or a teacher might suggest it.

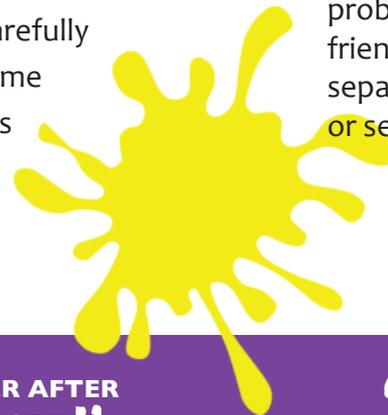
You can meet the counsellor first, to ask questions and find out more. Counselling should be voluntary - it's your choice, and whatever you decide is OK.

You will then be offered four appointments (weekly or fortnightly) to talk about your worries and what you want to change. If you need longer time than four meetings this can be arranged for as long as you need support.

What can I talk to the counsellor about?

You can discuss anything with the counsellor from difficult feelings, bullying, homework stress, sleep difficulties to self-harm, eating problems, negative thoughts, bereavement, friendships and family relationships, parental separation, feeling ignored, personal issues or self-image.

Whatever the problem - if it is worrying you - then it is important enough to share



“ NOW I KNOW HOW TO ASK FOR HELP WHEN I AM WORRIED ”