



# Your Questions Answered

## **What is counselling and how can it help?**

During difficult and stressful times a qualified school counsellor can provide you with a supportive, understanding and confidential professional relationship. This can help you to explore your feelings and difficulties. During counselling you may find that you begin to get a better understanding of your own thoughts, feelings and emotions. This can help you feel more able to deal with any difficulties you may face and decide what is best for you.

## **Do you always feel better after counselling?**

Most people feel better after talking about their worries and difficulties although you may feel upset when you begin to open up and explore your difficulties and feelings. If this happens I will help you to learn how to support and care for yourself after each session.

## **What type of difficulties can counselling help?**

Every counselling client brings a unique set of personal circumstances. Below are some examples of the type of difficulties often brought by young people to counselling:

- Bullying.
- Lack of self-esteem.
- Feeling anxious.
- Feeling down or depressed.
- Feeling overwhelmed by emotions such as anger.
- Family difficulties.
- Stress due to schoolwork or other pressures.
- Self-harm or thoughts about self-harm.
- Relationship problems.
- Bereavement.
- Substance abuse.
- Sexuality.

## **Is everything you tell your counsellor kept confidential?**

Counselling is confidential. That means I will not tell anyone what you talk about unless you ask me to. However, if you're own or someone else's safety is at risk we would need to tell someone. I will always do this after talking to you first unless it is an emergency.

## **Will my counsellor write down what I tell them?**

I will make brief session notes so that there is a record of our meeting. Your name will not appear in the notes and the notes will be held securely and password protected so that only I can see them

## **How often and for how long will you see a counsellor?**

You will usually see me once per week for 50 minutes for an agreed length of time. This is normally 6 sessions.

## **How do I arrange to see a counsellor?**

You can either:

- Collect a self-referral form from outside the pupil support base.  
Look out for this **LOGO**



Complete the front section of the form and then return it to your Pupil Support Teacher.

**OR**

- Speak to your Pupil Support Teacher.

**OR**

- Ask your parents to speak to your Pupil Support Teacher.

## **Consent**

After you have completed a referral form I will arrange to meet with you and explain my services in person. This is to ensure you understand what counselling is and are able to give **informed consent** to work with me. Remember counselling is voluntary. You have the choice to come or not. Whatever you decide to do at this stage is okay.

## **What can I do if I need help before I get an appointment?**

Speak to someone you trust to help you get help, for example your parents, a friend or teacher. If that is not possible contact one of the organisations below:

Telephone - **Samaritans** on 116 123 or **Childline** on 0800 1111.

<https://www.childline.org.uk>

<https://www.samaritans.org/how-we-can-help-you/contact-us>

<http://breathingspace.scot>

## **How will I know the Counselling Service offered is of good quality?**

The service meets the guidelines laid down by the relevant Professional Counselling Bodies (COSCA and BACP) for the provision of counselling services for young people.

If you require further information or have any concerns about counselling you can talk to your Pupil Support Teacher or me. We are here to help.