

# Pupil Information

Name:

Date of Birth & Age:

Year Group:

Address:

YP-Mobile Number:

YP-Email Address:

Contact Parents?

Yes/No

Guidance Teacher:

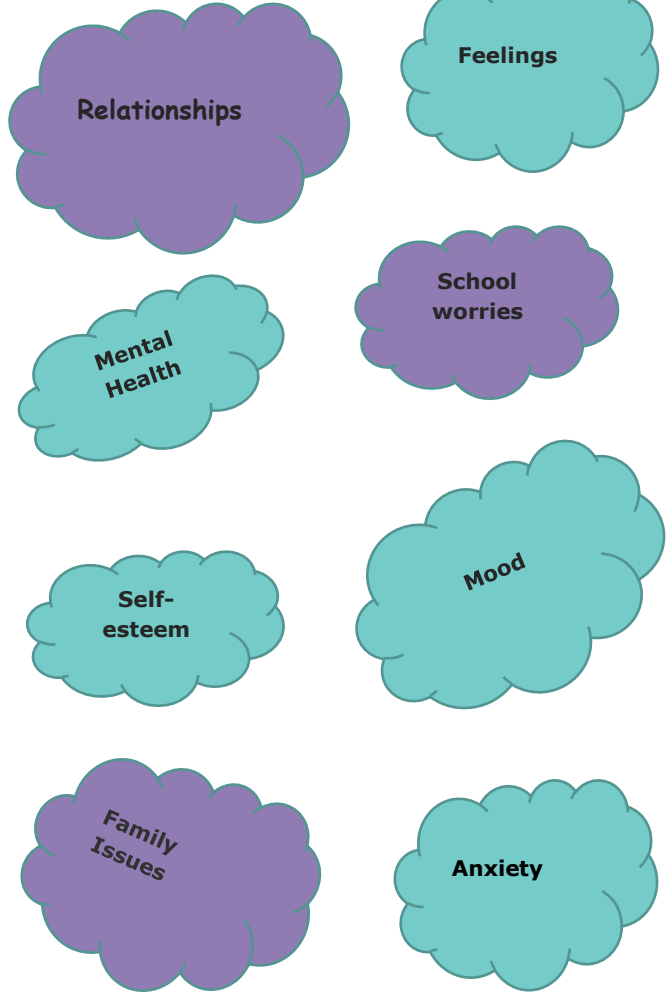
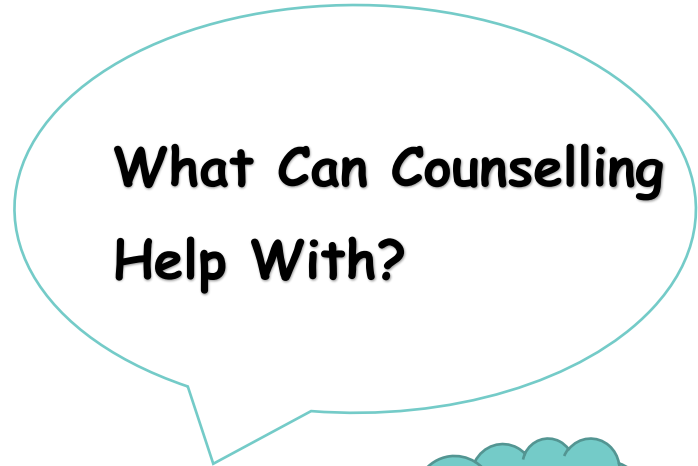
Rate Urgency to be Seen:

**(Young Person)**

Red -Urgent

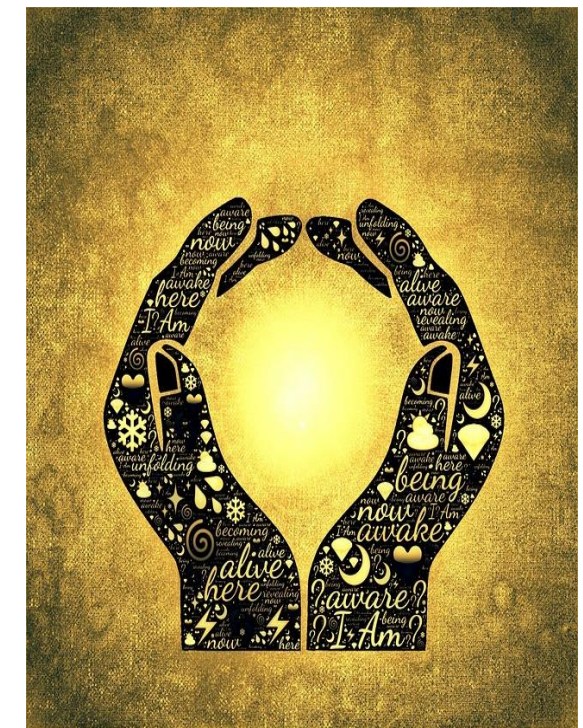
Amber - Medium

Green - Okay to Wait



# Young Persons' Counselling Service

## School Counselling Service



Information for Young People

What is Counselling About?

A counsellor is someone who will not judge you. Counselling can help you to find ways to communicate your thoughts and feelings in a safe and confidential space. It can help you to explore things that may be bothering you and help you to find ways to move forward.

Will other People know what I talk about and share in the session?

No. What is shared between you and the counsellor is kept between you both.

However if you or someone else is at risk of serious harm, then the counsellor may need to share this with someone else to keep you safe. The counsellor's job is to understand what life is like for you. It is your time and space to be with someone who is there for you and nobody else.

I don't like talking about my feelings, so why would I come to Counselling?

Counsellors are trained to listen deeply and find ways to support you to communicate your fears, worries and thoughts. There is no pressure on you. We are here to listen to whatever you want to bring to a session.

Is Counselling Right For Me?

You can meet me yourself and see if it feels right for you. Whatever you decide will be O.K.



Please complete the back of the leaflet and send it to your guidance teacher.

I will make contact with you to arrange an initial assessment.

### Contact Details

Nicola Heath  
(N Heath Counselling)  
School Counsellor

Please contact the school for more information.