



Abbeyfield School Counselling

Parent/carer
information leaflet

counsellors@abbeyfieldschool.org.uk

What is counselling?

Counselling is a form of mental health support that involves talking. Students will meet the same counsellor, in the same room, at the same time & day every week, for up to 10 weeks.

Counselling provides a safe and confidential space for students to talk about their worries, concerns & how they are feeling.

What is confidentiality?

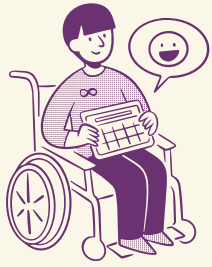
“Confidential” means we won’t discuss what is talked about in sessions with parents/carers, friends, teachers or others- **unless** students tell us something that makes us worried about their safety or the safety of another young person. We may sometimes speak with parents, carers or pastoral staff about things that are worrying them, with the student’s permission.



Who are the school counsellors?

The school counsellors are Laura Allen, Emily Abrahams, and Jennifer Giles.

We are qualified counsellors/ psychotherapists registered with the BACP (The British Association of Counselling and Psychotherapy) with over 20 years combined experience working in a variety of settings. We aim to work integratively with young people, using different approaches depending on age, developmental stage, presenting issue and communication styles. We often support with other wellbeing initiatives around the school also.



Is counselling the right support?

Counselling can help with lots of different “presenting problems”, such as:

- anxiety
- low mood/depression
- self-esteem & confidence
- friendship or relationship worries
- bereavement, grief or loss
- family breakdowns
- understanding emotions
- identity struggles
- just for someone to talk to

We work with our students in a flexible way - different people find different things and approaches helpful. Counselling is not a “one size fits all”. Sometimes just building up a positive relationship with a “safe” person in school is helpful!

It’s important to know that a young person can only work with one counsellor at a time.

How can a student access counselling?

Any member of staff in school can complete a referral - this could be a tutor, head of year, or a member of support staff. They will need to fill in a form with the student, so that we can understand how we can help or support. They will also need to send a consent form home for parents/carers to sign. Once we have both of these documents, we will add the name to our waiting list to be offered an “assessment session”. We will usually email the adult that gave consent to inform them of this.

What if someone is worried or not sure?

If someone is not sure if counselling is right for them, or would like to meet one of us or ask some questions first, we can arrange a short 20 minute catch up before they decide. They can ask us for this, or a staff member or parent/carer can via their year team, tutor, or safeguarding team



Some helpful links:

www.youngminds.org.uk/parent/

www.themix.org.uk/

papyrus-uk.org

www.bacp.co.uk/about-therapy/what-is-counselling/

