

# Abbeyfield School Counselling

Student Information Booklet

[counsellors@abbeyfieldschool.org.uk](mailto:counsellors@abbeyfieldschool.org.uk)

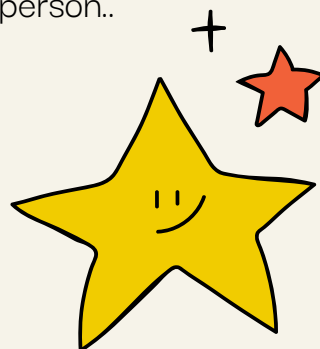
## What is counselling?

Counselling is a form of mental health support that involves talking. You 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 you to talk about your worries, concerns & how you are feeling.

## What is confidentiality?

"Confidential" means we won't tell your parents/carers, friends, teachers or others about what you tell us, and the things we talk about. **Unless**, you tell us something that makes us worried about the safety of you or another young person..



## Who are the counsellors at Abbeyfield?



Your school counsellors are Miss Allen, Miss Abrahams, and Mrs Giles

As well as counselling sessions, you may see us in assemblies, running some groups/workshops, or putting on other wellbeing events around school.

# Is counselling for me?

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

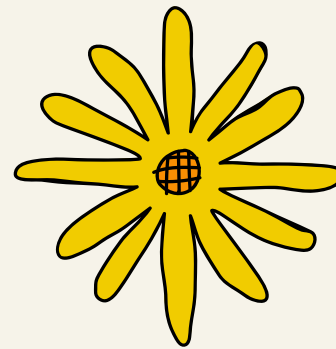
- anxiety
- low mood/depression
- self-esteem & confidence
- friendship or relationship worries
- bereavement, grief or loss
- family breakdowns
- understanding emotions
- identity struggles
- just for someone to talk to



## How do I know if it will help?

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 person can only work with one counsellor at a time.



## How can I access counselling?

Any member of staff in school can complete a referral - this could be your tutor, head of year, or a TA. They will need to fill in a form with you, so that we can understand how we can support you. They will also need to send a consent form home to whoever looks after you at home. Once we have both of these, we will add you to our waiting list to be offered an "assessment session" by one of the team.

## What if I am worried or not sure?

If you are not sure if you would like to have counselling, or would like to meet one of us or ask some questions first, we can arrange a short 20 minute catch up before you decide. You can ask us for this, or a staff member or parent/carer can.

# We look forward to meeting you!

