

HAVING A PROBLEM?

UNSURE OF YOUR WAY?

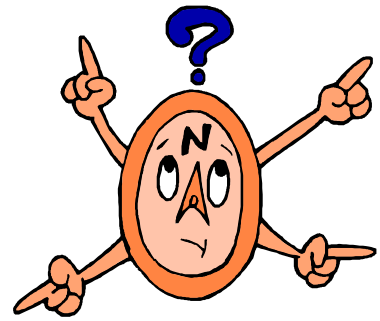


**CONTACT
THE COUNSELLING SERVICE**

Pent Valley Technology College

Who is counselling for?

Counselling is for anyone who wants to talk to someone about a situation in their lives, past or present, that troubles them.



There are many reasons for coming to counselling; these may be some of them.

- I may feel upset or confused about something.
- I may feel things are getting me down.
- I may need to make an important decision about something at school or at home.
- I may want help to change my behaviour.
- I may have a relationship problem perhaps with parents, teachers, friends or girlfriend or boyfriend.

Whether the problem may seem big or small counselling can often help.

What is counselling?

Counselling is:

- Talking with someone I can trust and feel comfortable with.
- Somewhere I can talk about any difficulties I have in my life, for example with relationships, families, self-confidence, eating difficulties, exams or bullying.
- Trying to understand myself more.
- Talking about anything I'm confused about.
- Someone listening and taking me seriously.





Counselling is not about:

- Someone telling me what to do.
- Being forced to talk about things I don't want to talk about.
- Someone criticising or judging me.
- **Counselling Provision**
- Our school counsellor is Sonia Mackenzie.
- The counsellor is not a teacher.
- Many students have counselling sessions and find them very helpful.

How long is a counselling session?

If you see the counsellor, it will normally be once a week for a few weeks and each meeting will usually last for a whole lesson.

Some people feel uncomfortable speaking to a stranger, but your counsellor understands this and will make you feel as comfortable as possible.

Confidentiality

If I see a counsellor, what I say is confidential (private) - and only I and my counsellor knows what is said.

This means that any information I give will not be passed on to teachers, family members or friends unless I want it to be.



The only time when this is not the case is if the counsellor receives information that leads her to think that someone is at risk of serious harm.

In this instance the counsellor may need to inform someone else, but the counsellor would talk this through with me and would want to do this with my consent.

How to Arrange Counselling

If I would like to arrange some support I can either:

- Ask the counsellor myself
- Email Sonia Mackenzie
- Talk to an adult within my mini school.
- My Mum/Dad/Carer may ask on my behalf.

Counselling

YOU ARE WORTH IT

