

## WHAT IS COUNSELLING?

Many people find it too difficult to share how they feel with parents/carers, teachers or even friends. Some people may feel they don't have someone who will take the time to listen to them.

Having a school-based counsellor means you can be given the time to express your concerns within the boundaries of a safe, caring and non judgmental relationship.

Counselling offers you a private space to discuss and work through anything that you may be struggling with\*.

\*Confidentiality commitment applies.



# WHAT CAN A COUNSELLOR HELP WITH?

Counsellors help people, who want help! Positive change to your mental health and wellbeing is only possible when you feel ready to talk and make a change.

Counsellors offer a non-judgemental, safe space, so you can talk about anything that is troubling or worrying you, or anything that is making you feel upset, sad or angry.

## You may be experiencing

- Family troubles
- Bereavement
- Exam stress / Anxiety
- Drug or alcohol misuse
- Depression
- Sexuality or gender identity
- Trauma or sexual assault
- Self harm or thoughts of suicide



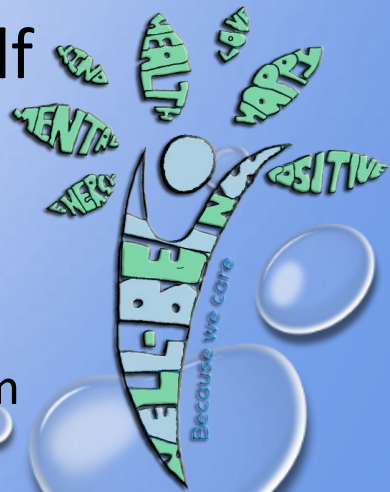
# REACH OUT FOR COUNSELLING AT RPCC

If you feel the counselling service is what you need, speak to your Head of Year or Head of Year Support to make a referral. Your HOY may recommend counselling to you, for you to choose if this is something you want to enter in to.

You will not be referred to counselling without your consent. Only you can decide when you are ready.

You will be given a time/date for a confidential assessment so yourself and the counsellor can work together to design a plan to specifically help you.

Please - If you feel you can't reach out to your HOY or HOYS, please come to the counselling room directly.





# Confidentiality Commitment

Anything you talk about in counselling will stay between yourself and the school counsellor.

The only time we would have to break confidentiality is if you disclose something that means we are concerned about the safety of yourself or another person, or if a Safeguarding concern is raised.

In these situations, we will always tell you what we are having to do and why, before we do it.

Nothing will be shared without your consent and knowledge, unless it is a complete emergency.

