

### Do I have to come to counselling?

No. It is always your choice. But it is a good idea to meet with the counsellor anyway. You can ask questions and see how you feel before you decide.

### How do I get to see the counsellor?

Speak to the counsellor or ask your teachers or a parent/carer to speak to the counsellor. When you come for the first time, the counsellor will explain more about how counselling works and help you decide that's right for you.



### Who is the counsellor?

Your School Counsellor is Rory. Rory:

- Is friendly and someone you can trust.
- Will listen to you and let you take your time.
- Is not easily shocked.
- Knows it takes courage for you to speak to a counsellor.
- Won't ever force you to come to counselling.

ARCHERS BROOK SCHOOL  
Chester Road, Great Sutton, Cheshire, CH66 2NA  
Telephone: 0151 338 2141



# Need to Talk?

## School Counselling

A word cloud of various emotions and feelings, including: Fed-up, Nervous, Annoyed, Hurt, Lonely, Worried, Down, Confused, Tired, Stressed, Sad, Lost, Upset, Hopeless, Unhappy, Frustrated, and Angry & don't know why.

Information for Pupils



### **What is counselling?**

Counselling is a safe place where you can talk (in private) about problems and feelings to someone who is trained to listen and work with you to try to make things better.

### **How might counselling help you?**

- Help you work out why you feel the way you do.
- Help you feel better.
- Help you look at things in new ways.
- Help you do things differently.

IT IS OK TO...

BE YOURSELF

### **What can you talk about in counselling?**

Anything that is important to you or getting you down. No problem is too big or too small if it's a problem for you.

### **What do other young people talk about?**

- Feeling sad or angry and nobody understands.
- Losing someone special.
- Making friends/keeping friends.
- Trouble at home or school.
- Bad stuff that has happened.
- Self-harm.
- Stressed about exams.

### **What happens in counselling?**

The counsellor listens carefully and tries to understand things from your point of view. This can help you to understand your feelings and problems better and feel more in control.

### **What doesn't happen in counselling?**

The counsellor:

- Doesn't judge you, blame you for problems, or take sides.
- Doesn't tell you what to do, or how to think and feel.
- Doesn't make you talk about anything you don't want to.

### **Is counselling a punishment or a reward?**

It is not a punishment or a reward. It is about helping you feel the best you can and get the most out of school and your life.

### **Where and when do I see the counsellor?**

You see the counsellor in a private room at school at the same time each week. It is hard to say for how long. This will depend on what feels right for you. It is always your decision.

### **Will anyone else find out what I've said?**

What you talk about stays between you and the counsellor, as long as you (and other people) are safe and healthy.