

School Counselling Service, Information for Students

What's counselling about?

It's a normal part of life to experience problems and difficulties at times and when something is worrying you it's not always easy to talk to parents, friends or teachers. A counsellor is someone who isn't involved in your life in the same way as other people. They are trained to listen to you very carefully, and won't judge you or tell you what to do. Seeing a counsellor can help you to work things out for yourself and to look at things differently. It can help you to feel better about yourself.

What kind of things do people talk about in counselling?

People talk about lots of different things in counselling. Examples include: difficulties with friends, exam and work worries, arguments with parents, relationships, drugs and

alcohol, family break up, self-esteem and confidence issues and bereavement.

Counselling is a safe space to talk about whatever is worrying you.

How will I know if Counselling is right for me?

Counselling is voluntary and it is up to you to decide whether to come or not. The best way to make a choice is to meet the counsellor for one or more sessions to find out yourself. You can ask questions and the counsellor will explain how they work.

My problems and worries are private. Will other people know what I have talked about?

What you talk about is confidential between you and the counsellor. If you choose you can talk to other people about what you have discussed in the counselling session, but you don't have to. You don't have to tell your parents if you come to counselling, and the counsellor won't share information about you without your permission. The exception to this is if you or somebody else is at risk of harm. In that case the counsellor may need to talk to someone else to help keep you safe, but will always try to talk with you about

this first.

The counsellor presents their work to a counselling supervisor regularly. This person checks the counsellor is working well with you. The supervisor won't discuss anything shared by the counsellor with anyone else.

Will anything be written about me?

The counsellor will make some notes about what has been talked about in the session. These are kept safely in a locked filing cabinet. All information written and discussed is private and confidential unless there is an agreed or overriding need to share this information in your best interests.

Will it make a difference?

Studies show that counselling can be an effective way of helping young people. At the end of counselling you will be sent an evaluation form that you can complete. This form is anonymous, unless you choose to put your name on it. The feedback you give will let us know how well we are helping the students who come for counselling. If you have any concerns or

complaints you are welcome to speak with the counsellor or your tutor or one of the deputy heads.

How do I get to see the Counsellor?

The school counsellor is Jackie Rees. She is in school every Thursday.

You can ask a member of staff to make a referral or you can contact Jackie directly by e-mail: CounsellingService@colytongrammar.devon.sch.uk

Alternatively you can drop in without an appointment during 1st break 10.25-10.40am and at lunchtime from 1.15-1.30pm. Jackie will then make an appointment for you to see her when she has a space. You will be able to discuss what ever you wish with Jackie at the first session. Usually you will have six sessions and then review whether it is appropriate to have more.

Here are some comments made by pupils who have been to counselling...

“Having counselling has helped me a lot. I have been able to discuss my problems

instead of locking them away, which is what I used to do. It has been a very big help to me.”

”It helped me to understand my problems and to overcome them.”

“It really helped me to talk more to my family and other people around me.”

“The counselling has helped me to feel confident in myself.”



Jackie Rees - Student Counsellor