

What is counselling?



Counselling provides a private place where a person can talk about things which are troubling them.

Some of the difficulties people bring to counselling include:

- Bullying
- Problems at home or with friends
- Feeling angry, confused or rejected
- Difficulties at school or exam stress
- Death of someone close
- Concerns about sexuality, abuse or self-harm

Important Questions

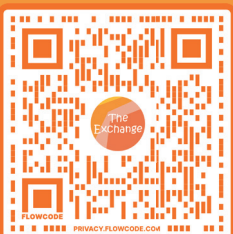


- Is counselling confidential? **YES**
- Are school staff told about what the young person discusses in counselling? **NO**
- Are parents told about what the young person discusses in counselling? **NO**
- Are there any exceptions to this? **YES: 3 EXCEPTIONS**
 1. Sometimes it can be helpful to include parents in the process.
 2. If counsellors become concerned for the safety of the young person they will support them by accompanying the person to go and talk to another person about their concerns.
 3. If the young person speaks about something which indicates that they (or others) are at risk of harm. The counsellor will take action and act in line with Child Protection procedures.

Who does the counselling?



- The counselling is provided by a professionally qualified counsellor who is not a member of the school staff.
- The Exchange is part of an organisation called Therapeutic Counselling Services, a member of the British Association for Counselling and Psychotherapy. If you are unhappy about the service we provide, you can discuss this with a senior manager by calling **03302 020283**.



For more information you can visit our website at

exchange-counselling.com

Additional support and resources for parents are available on our resource site - exchange-resource.net