



From mountain to sea

ABERDEENSHIRE SCHOOL COUNSELLING SERVICE INFORMATION FOR YOUNG PEOPLE

2nd October 2020

What is counselling?

Counselling offers you a safe space to talk through worries or problems with somebody who is really going to try to understand what life feels like for you and who won't judge you. Talking to a counsellor can help you understand your relationships, thoughts and emotions better, and could bring a feeling of relief or help explore new ways of coping by allowing you to speak openly in a supportive environment where you are really listened to.

What happens at the first session?

Your counsellor will ask you to share what brought you to counselling, you will be asked to fill in a form about how you are feeling at the moment, and you will decide together whether counselling is right for you. The session will last about 50 minutes.

How often will I see my counsellor?

If together we decide that counselling would be helpful for you, you will be offered ten regular sessions during the school day which usually last around 50 minutes. There is some flexibility in this. Some people may only use a few sessions, and others might need more. Your counsellor will check in with you regularly about your progress and how you feel about counselling.

What if it's not for me?

If we agree that you'd benefit from a different type of support, we will help you figure this out.

What kind of things could I talk about in counselling?

Anything that matters to you or worries you. Here are some examples of things other young people have talked about:

- Feeling stressed about school or exams
- Feeling sad, unhappy, anxious or lonely
- Bullying or feeling of not fitting in
- Worries about their body image
- Sexuality or gender
- Complicated relationships
- Problems and arguments at home
- Parents splitting up
- Feeling angry
- Death of someone special
- Feeling confused feelings about who I am
- Wanting to hurt myself or others
- Suicidal thoughts
- Relationship with food
- Difficult things that have happened in the past



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- Substance misuse
- Difficulties attending school

Do my parents/carers need to know I'm seeing a counsellor

Yes. It is not yet possible for young people to self-refer to the counselling service.

How quickly will I be seen?

When a referral is made, you will hear back from school staff within 4 weeks to let you know whether an initial meeting with the counsellor will be set up. It may be that counselling is not available or not the right support for you. If this is the case, school staff will work with you to figure out how best to help you.

What if I need to cancel or no longer want to come?

Meeting regularly helps you make the most of counselling but sometimes you may need to cancel a session. Coming to counselling is your choice and if you want to stop coming, let your counsellor, your guidance teacher or your class teacher know.

How do I make an appointment?

Speak to your parent, guidance teacher, or class teacher.

Will others know what I tell my counsellor?

Your counsellor will keep what you discuss private and will not tell others what you speak about unless you ask them to. The only exception is if you or somebody else is at risk of harm. Then, they would need to speak to others.