

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.

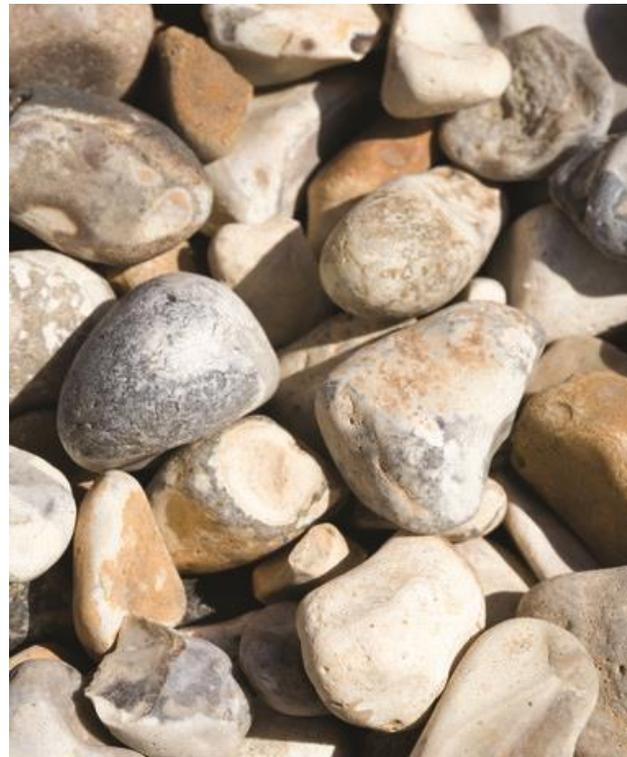


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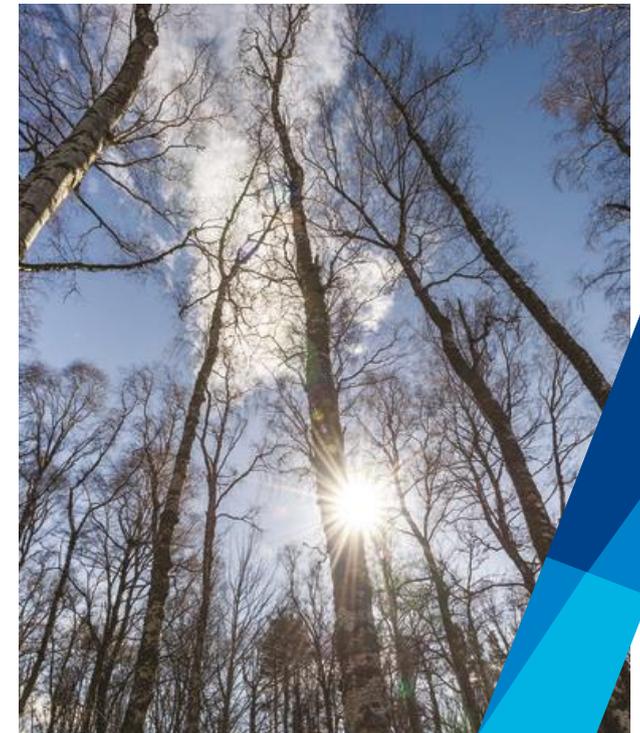


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COUNCIL 

SCHOOL COUNSELLING INFORMATION FOR YOUNG PEOPLE



From mountain to sea

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 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 feelings 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 about who I am
- Wanting to hurt myself or others
- Suicidal thoughts
- Relationship with food
- Difficult things that have happened in the past
- Substance misuse
- Difficulties attending school



What happens at the first session?

Your counsellor will ask you what brought you to counselling and support you to share in a way that feels comfortable for you. You will also be asked to fill in a form about how you are feeling at the moment.

If together with the counsellor you decide that counselling would be helpful for you, you will be offered a further five 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.

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 around you is at risk of harm. Then, the counsellor would need to speak to a teacher at your school, usually the Head Teacher or Depute Head Teacher. They would always do their best to discuss this with you first.

Will my parents/carers know I'm seeing a counsellor?

It is always best to have your parents support for counselling. At a future point there will be the opportunity for young people to self-refer.