

Contact US

Headquarters Aberdeenshire Council

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aberdeenshire.gov.uk

Complaints

If something goes wrong, please tell us so we can improve our service.

The complaints process is found on our [website](#).

Privacy Notice

The services privacy notice is found [on our website](#).

Immediate Support

If you need immediate support please think about contacting:

kooth.co.uk
[Childline](tel:08001111247) :0800 1111 (24/7)



How do I make an appointment?

Speak to your parent, guidance teacher, or class teacher about accessing school counselling if you think it may be helpful for you.

If you are aged 12 or above, you are also able to self-refer for school counselling. Go to our [website \(Additional Support Needs \(ASN\) Aberdeenshire, Inclusion, Equity and Wellbeing \(asn-aberdeenshire.org\)\)](#) to find self-referral information for your secondary school. You will find a QR code you can scan which will take you to a short form to request contact with the school counsellor in your school, alternatively there is an email address so you can send an email to the school counsellor asking to meet or for more information. This information will also be found on posters around your school.

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

Coming to counselling is your choice and if you want to stop coming, let your counsellor, your guidance teacher or your class teacher know.

School Counselling Information for Young People



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 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 40-50 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 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 / 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

How quickly will I be seen?

When a referral is made, you will hear back from school staff within a few weeks to let you know whether an initial meeting with the counsellor will be set up and when it will be. 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.

If you are self-referring to counselling the counsellor will get back to you within a week of you contacting them during term time, it may take a little longer in the school holidays. When you meet the counsellor they will let you know when they could start working regularly with you.

Will others know what I tell my counsellor?

Your counsellor will keep what you discuss private. Counselling is a time to talk about concerns without fear of them being discussed elsewhere. This includes not discussing your sessions with parents or teachers, unless you request or give consent for this to happen.

The only time a counsellor would share information with others is if you or somebody else around you is at risk of harm. If this was to happen, 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. Your counsellor will discuss confidentiality when you first meet, to ensure you understand the limits of what will be kept private, so you can make an informed choice about what you want to share.

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

It is always best to have your parents/carers consent for counselling so they can support you too. However, you can self-refer, if you are aged 12 or above, without parental consent (see How do I make an appointment? in this leaflet for information on how to self-refer).