

# SCHOOL COUNSELLING

## INFORMATION FOR STUDENTS

### Introduction

Sometimes life can be tough, and teenagers growing up can be under pressure.

Having someone you can really talk to may be a help - perhaps a friend, a teacher, your parents, or someone in the family.

At times, everyone feels worried or has problems that may be hard to talk about with the people close to you. You may worry about whether they will understand, whether you can trust them, whether they will blame you, or ignore your feelings. That is when you may think about talking to the school counsellor.

### How are school counsellors different?

- We don't blame or judge you
- We don't tell you what to do
- We are there for you - whatever the problem
- We are good at listening carefully
- We can see you during school time
- We help you sort things out in a way which suits you
- We understand how the school functions and can get you more help and information if you need it
- We can give you the time and space you need



## Will the school counsellor tell anyone about what I say?

We don't tell other people about you or your situation without your permission.



But if we think that you or someone else may be at risk or in danger, we may need to get help from others to keep you safe. We will talk with you about this and together we will try to find the best thing to do for you.

## What kind of things can I tell the school counsellor about?

It could be whatever is on your mind, problems, decisions, worries, changes. It could be lots of different things - making friends and relationships, parents separating, losing your temper, and getting into trouble at home and at school, teasing and bullying, losing someone special, mixed-up feelings, health worries, exams and coursework. All these things can affect how you feel and how you behave. Talking with you about your worries and problems is the start of helping you sort them out.

## How does it work?

Seeing a school counsellor might be your idea, or your parents' or a teacher might suggest it.

You don't have to decide straight away. You can meet the school counsellor first, to ask questions and find out more. Counselling is voluntary - it's your choice, and whatever you decide is okay.

You are likely to be offered appointments for regular sessions for several weeks at the counselling room in the school where you won't be disturbed.

The school would likely to contact your parents/carers to let them know you are seeing the school counsellor, but will not go into details. It may still be possible to come to counselling without your parents being told, and you can discuss this with the school counsellor.

## What have other students said about counselling?

*"It was good to talk to someone I didn't already know."*

*"It's helped a lot ... discussing my problems instead of locking them away."*

*"I like the person I am now more than the one who first came to you."*

## How do I find out more or ask to see the school counsellor?

Ask a teacher or look for the school counsellor at the counselling room which is located at BLK E 02-07 within the classroom block. Alternatively, you may check with the staff or leave a message for the school counsellor at the school's general office.

## XMS Counselling Room:



## The Entrance



## The space where we listen and connect to you