

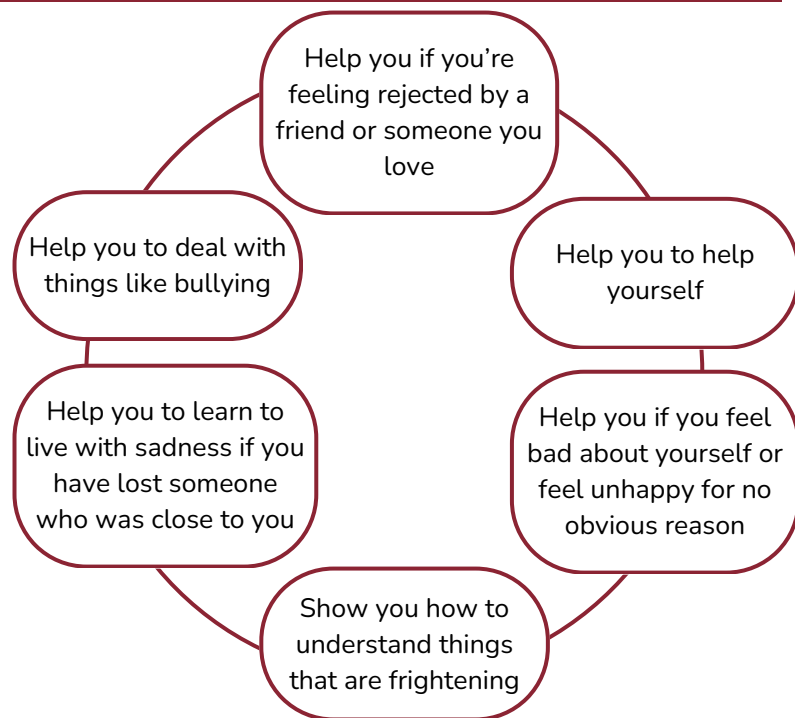
### WHAT IS COUNSELLING?

Counselling can help you to express how life is for you, in a safe place, with somebody who will listen to you. This can be hard at first, talking to a person you don't know, but counsellors are trained to help you understand your feelings and how to deal with them.

Counselling can help you to recognise your strengths and skills and use them. Any changes you might make are of your own choosing.

### HOW ARE 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 help you sort things out in a way which suits you
- We can give you the time and space you need
- We have had plenty of training and practice to enable us to support you



### WHAT TO EXPECT WHEN YOU MEET YOUR COUNSELLOR

Counselling is a safe space for you to discuss any difficulties you are having. Your counsellor will listen to you and maybe help you to better cope with home or school life, or anything that may be troubling you.

Your counsellor is here to help you and provide a calm and relaxed place for you to come regularly to share whatever you would like to.

Anything you talk about with your counsellor will be private and just between the two of you.

You will meet with your counsellor every week and counselling sessions usually last just under an hour.

You will meet at the same room so that it becomes a familiar and comfortable space for you to be.

### CONFIDENTIALITY

This means that what you say in your session will not be shared with anyone else without your permission unless you want us to. Of course, you may tell whoever you like about your counselling or not, the choice is completely yours. This includes your parents or guardians.

There is an exception, if your counsellor thinks that you are at serious risk to yourself or someone else, then they will try to discuss this with you. This happens very rarely but may be needed in order to keep you safe.

### GDPR

Records will be kept in line with our Data Retention Policy and Privacy Notice (available on our website).