

WELCOME TO 121 SCHOOLS COUNSELLING INFORMATION FOR YOUNG PEOPLE

121 Schools Counselling is a Counselling Service for distressed and vulnerable young people in the Hart District giving them freedom to share worries and concerns while obtaining non-judgemental and impartial support allowing them to address issues early in their lives to build a brighter future

'I was given strategies and ways to cope in stressful situations and the sessions helped me realise what was going on in those moments and helped me understand my emotions'

'the Counsellor was very understanding and good to talk to'

'the Counsellor was very friendly'

This information pack provides information and guidance on the service that 121 Schools Counselling offers

CONTENTS

1. What is Counselling?
2. The Counselling Process at 121
3. Boundaries in Counselling
4. What types of things can I talk to my Counsellor about?
5. What other help is available?

Click on the page you want to read or scroll through the document.



WHAT IS COUNSELLING?

Counselling provides a space for you to talk about your life in a non-judgemental environment.

- It can help you to think about your life and reflect on what is happening in a way which you had previously been unable.
- The sessions will focus on what you want to talk about or explore
- It's a chance for you to share your worries and concerns
- The Counsellor will come alongside you and move through the process with you.
- You may be helped to find appropriate coping strategies.

The following quotes from previous clients shows the difference that Counselling can make for a young person:

'I find it easier to talk about things I couldn't talk about before'

'The Counsellor helped me figure out what I had to do to improve.'

'it was good to talk to someone'

'My anxiousness has decreased'

We offer up to 6 sessions of Counselling rather than open ended as it is important that a young person does not become dependent on Counselling. Part of the process is to provide the tools to a young person to take forward in their lives so that in the future they may be able to cope with stressful situations on their own.

What Counselling isn't:

- An advice service
- A way of changing the behaviour of a Young Person
- A chance for others to try and change a young person or influence the content of the session
- A place where a young person is told what they have to do

THE COUNSELLING PROCESS AT 121

At 121 Schools Counselling we support Young People who attend the schools that we provide a service to. Either the school will make the referral for you or you can refer yourself here:

<https://www.hartvolaction.org.uk/counselling/oakmoor-referral-form/>

Referral



Waiting list



Assessment



Counselling



Review



Ending



What next?

If you are referred to Counselling it is important that it is something that you want to do and that you haven't been told you have to come. Once you have decided you would like to try Counselling then either refer yourself or let someone at school know and they can refer you.

Once we receive the referral form you will be placed on the waiting list and we will confirm that we have done this.

The first session will be an assessment session. This is a chance for you to find out more about Counselling and what 121 Schools Counselling can offer you. It is also a chance for you to explain why you want to come to Counselling. At the end of this session you will be asked if you want to continue and have Counselling.

We offer up to 12 Counselling sessions for each young person. Each session will be up to 50 minutes long and will be at the same time and place each week with the same Counsellor. Sessions will be face-to-face in school lesson times

The Counsellor will review with you on a regular basis to see how you are finding the sessions, what has changed and confirm that you want to continue. Young People do not have to continue with Counselling and are able to drop out at any time if they find it is not for them.

The Counsellor and you will discuss coming to an end and plan for this.

Many young people will not need any further intervention once the Counselling has finished. However, we do not leave any young person without support if it is needed. If relevant we will recommend alternative services to you if we think you will benefit. We are also able to do a referrals to CAMHS and other agencies if required

BOUNDARIES IN COUNSELLING

Confidentiality

Counselling is confidential. This means that a Counsellor will not report back to your parents or carers or the school on the content of the sessions and no progress report will be given.

You can choose to discuss the sessions with others if you wish but you don't have to.

Why aren't my Parents involved?

For Counselling to be effective a young person needs to know that whatever they say to their Counsellor will be kept between them. This then allows them to process all their feelings and emotions without fear of anyone finding out.

Will you really not tell my parents anything?

There are exceptions to confidentiality. These are:

- **If there was concern about the safety of the client or of another person**
- **Where information is required to be released by law**
- **Inference to an act of terrorism**
- **Money laundering**
- **Drug trafficking**

The Counsellors

All of our Counsellors are members of a Counselling Association, usually the British Association for Counsellors and Psychotherapists (BACP). We do use Counselling students to see some of our 16 + age group. However, all have passed a competency test to be able to work with clients.

Attendance

It is really important that a young person attends on a regular basis and does not miss lots of sessions. When a young person misses sessions is disrupts the continuity of the Counselling.

A Young Person is required to attend their Counselling sessions every week. If you miss a session it will count towards one of you six sessions unless there are exceptional circumstances.

WHAT TYPES OF THINGS CAN I TALK TO MY COUNSELLOR ABOUT?

You can use your Counselling sessions to talk about whatever you need to. However, some of the common things that Young People talk about in sessions are listed below:

- Anxiety
- Depression
- Bullying
- Online bullying
- Self-Harm
- Suicidal ideation
- Low self-esteem
- Loneliness
- Lack of self-care
- Gender Identity
- Sexuality
- Relationship issues
- Family issues
- Stress
- OCD
- Body image

WHAT OTHER HELP IS AVAILABLE?

Between Counselling sessions, you may want to access other help and support. Please see some options below:

CRISIS HELP

- Papyrus
Phone: 0800 068 41 41
Text: 07860 039967
Email: pat@papyrus-uk.org
- Childline
Phone: 0800 1111
Online: <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>
Message Boards: <https://www.childline.org.uk/get-support/message-boards/>

INFORMATION AND RESOURCES

- Young Minds <https://www.youngminds.org.uk/young-person/>
- Kooth <https://www.kooth.com/>
- The Mix <https://www.themix.org.uk/>

TEXT SERVICE

Give us a Shout Text: 85258
<https://giveusashout.org/>

ONLINE SUPPORT

Kooth <https://www.kooth.com/>
The Mix <https://www.themix.org.uk/>

FACE-TO-FACE SUPPORT

Safe Haven

Phone: 07918259361 (to make an appointment)
Address: Hale Community Centre, 130 Upper Hale Road, Farnham, GU9 0JH (by appointment only) (by appointment only)
<https://nolimitshelp.org.uk/get-help/health-wellbeing/safe-havens/>

SELF HELP APP

Calm Harm <https://calmharm.co.uk/>