

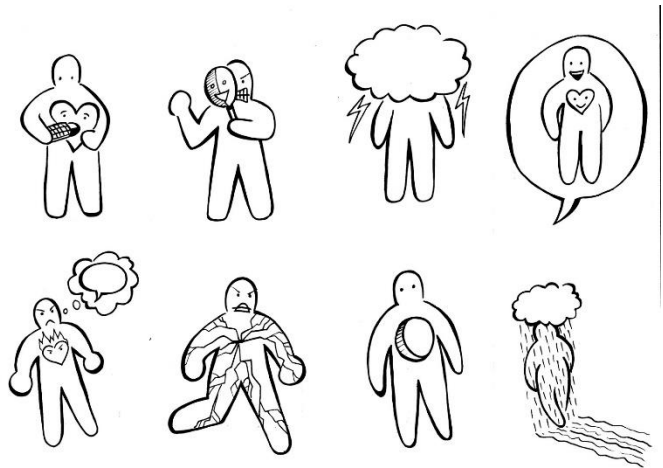


MindSpace Schools Counselling Service

What is counselling?

Sometimes we all have problems that worry us and it's not always easy to talk to someone close to us. A counsellor is someone you can talk to in a different way, someone who will not judge you or tell you what to do.

Counselling is about helping you to work things out for yourself, making decisions and choices and helping you to look at things differently. It can help you to feel better about yourself.



Talking about a problem in counselling is like sorting out all the pieces of a big, muddled jigsaw.

It allows us to begin to build a picture that makes more sense to us.

A counselling session is time and space for you and nobody else, and what you talk about is confidential – it's between you and the counsellor. It is entirely voluntary, no one can make you go.

What can I talk about?

In counselling you can talk about whatever matters to you or whatever is worrying you. Some examples are – feeling anxious, feeling depressed, friendships, family relationships, bullying, feeling angry but not knowing why, the death of someone close, confused feelings about who you are, wanting to hurt yourself or others.

How do I see a counsellor?

To get an appointment with us, ask your guidance teacher, parent or carer to help you. You can also self-refer by completing a form on our website. If you have any questions, please call or email us. You will be given a counsellor who will contact you and offer you a first appointment as soon as one is available. You can meet the counsellor for one or more sessions to find out whether counselling is right for you. You can ask questions and see how you feel before making a decision. Whatever you decide will be ok.



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