

# The Exchange

## COUNSELLING & SUPPORT SERVICES A GUIDE FOR YOUNG PEOPLE

### WHAT IS COUNSELLING?

Counselling is not complicated, it's just talking. It is talking about anything you want to talk about, honestly anything. The counsellor is a person who wants to hear about what is on your mind. The counsellor will listen to you without making any judgements and will completely respect your right to privacy. Their job is to listen and help you.

It is a fact that your wellbeing will improve by talking about your worries to someone who is respectful and sensitive and that is what a counsellor does.

Whatever is going on for you, talking to a counsellor means there are now two of you dealing with it and you are not on your own. Counsellors have a lot of experience in helping young people and have helped with a wide range of problems such as:

BULLYING

ARGUMENTS  
AT HOME OR  
WITH FRIENDS

FEELING  
ANGRY,  
CONFUSED OR  
REJECTED

SELF-  
HARMING

DEATH OF  
SOMEONE  
CLOSE TO  
YOU

CONCERNS  
ABOUT  
SEXUALITY,  
ABUSE



WORRIED ABOUT  
YOUR WELLBEING?

### IS IT CONFIDENTIAL?

**YES.** You have the right to privacy and the counsellor will ensure that right is respected.

The only exception to this is if the counsellor is concerned that you, or others are at risk of harm. In this situation, the counsellor will need to create a plan of how to keep you safe. The counsellor will talk to you about this first before any information is shared with anyone else. There is at least one counsellor working with your school. That person is not part of the school staff; they work independently.

### HOW DO I MAKE AN APPOINTMENT TO SEE THE COUNSELLOR?

The best way is to speak to one of the guidance teachers in your school and they will complete an on-line referral for you. It is also possible for you to do this for yourself at [exchange-counselling.co.uk/new-referral](https://exchange-counselling.co.uk/new-referral) or by scanning the QR code.

We use text to communicate with people so make sure we either have your number or the number of an adult you trust so that we can get back to you.

If you would just like to know more about the service please speak to your Guidance

Teacher/pastoral support teacher or visit –  
[blogs.glowscotland.org.uk/ea/schoolcounselling/](https://blogs.glowscotland.org.uk/ea/schoolcounselling/)

