

What is counselling?

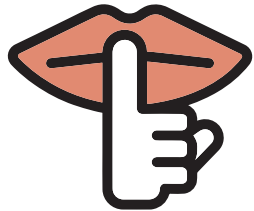


- Counselling is not complicated, it's just talking about anything you want to talk about.
- The counsellor will listen to you without making any judgements and will completely respect your right to privacy. Their job is to listen and help you.
- Counsellors have a lot of experience in helping young people and can help with a wide range of problems.

What kinds of things can the counsellor help with?

- Bullying
- Arguments at home or with friends
- Feeling angry, confused or rejected
- Self-harming
- Death of someone close to you
- Concerns about sexuality, abuse

Is it confidential?

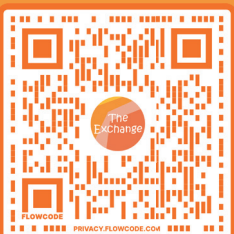


- **YES** You have the right to privacy and the counsellor will ensure that right is respected.
- The only exception is if the counsellor is concerned that you, or others are at risk of harm. The counsellor will need to create a plan of how to keep you safe. They will talk to you about this first before any information is shared with anyone else.

How do I make an appointment?



- You can speak to one of the guidance teachers in your school and they will complete an on-line referral for you.
- Or you to do this for yourself online 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 — exchange-counselling.co.uk or you can scan the QR Code