

Director of Children's Services: Helen Budge

Children's Services
School Counselling Service
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Louise Wood

Our Ref: LW/rr/201208a
Your Ref:

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Launch of Shetlands new School Counselling Service

My name is Louise Wood and as the Senior Practitioner for Shetlands new School Counselling Service I am delighted to announce its launch across our school estate.

Children and Young People aged 10-18yrs can access the School Counselling Service and I would like to share some key points with you as parents and carers of children and young people who may wish to benefit from this service across time.

This letter aims to introduce you to the key aspects of the School Counselling Service. Extended information is available on request and we will send through links to various leaflets and the School Counselling Service website soon.

Joining me in the team are two full time school counsellors, Rhonda Georgeson and Lindsey Manson. Each school has been allocated a counsellor and for the foreseeable future, most 1 to 1 counselling sessions will be offered via an online platform. The School Counselling Service will also be working closely with individual schools to support a culture of nurture and to become an established part of the wider school community.

Counselling is one of a range of interventions that can help support the mental, emotional and social needs of children and young people. It provides a safe, private, regular space for a child or young person to talk through their thoughts and feelings with a trained counsellor. They can talk about difficulties that are important to them and work at their own pace. The counsellor will listen without judgement and work alongside them in understanding their experience.

Counselling respects a child and young person's rights to privacy and confidentiality. This means that the counsellor will not share the content of a session unless there is a concern that someone is at risk. To be effective, it is important that any child or young person is keen to try counselling and is involved throughout the whole process of accessing service. A child or young person may have the capacity to give informed, self-consent for counselling or it may be that we need to ask a parent or carer to support consent.



We are now open for Requests for Counselling and you may well hear from your child or young person that their class has been introduced to the new School Counselling Service. Each school will identify a School Counselling LINK who can help any child or young person through the process of accessing counselling. As a parent or carer you are very welcome to contact us directly with any queries about the service; it may be that you feel your child or young person would benefit from accessing a counselling space or if your child or young person engages in school counselling, you may have questions around what is involved.

I have attached a document which captures some commonly asked questions and answers that might be useful for you to have a look at.

Myself, Rhonda and Lindsey are very much looking forward to working together with you to ensure the delivery of a quality, safe and effective School Counselling Service in view of supporting and improving mental health and wellbeing for all.

Yours faithfully

Louise Wood
Senior Practitioner
School Counselling Service

